

Reading labels and educating ourselves about ingredients in our food is so important. We need to take care of our bodies with exercise but also from the inside out, with eating the right food. Good, whole, clean food, free of chemical and additives does not have to taste bad. There are sweeteners other than table sugar for baking and spices to make food savory. Our bodies are machines and need to right kinds of fuel to work and performance well. It is up to us to make good food choices and keep our bodies fueled properly.

Honey:

80% natural sugar -- mostly fructose and glucose. Due to the high level of fructose, honey is sweeter than table sugar.

2% minerals, vitamins, pollen and protein. (table sugar has none)

Blueberries:

Blueberries contain 80 calories per serving, which is one cup.

With 3.6 grams of fiber per serving, blueberries help you meet your daily recommended intake of fiber.

Blueberries contain naturally occurring sugars and fiber, which are both carbohydrates.

Blueberries contribute vitamins and minerals including vitamin C, vitamin K and manganese, making them a good choice to help meet nutrient needs.