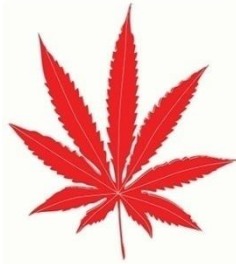




Conference Abstract

3<sup>rd</sup> The Holy Quran & Science Conference and Exhibition - 2016

1194 Matheson Blvd E Mississauga, ON L4W 1Y2 Canada



Conference Abstract

IS HONEY JUST SUGAR?, REVIEW OF SCIENTIFIC EVIDENCE

Tauseef Ahmad Khan, Ph.D.

Subtitle:

Speakers Profile

Dr Tauseef Ahmad Khan is a post-doctoral fellow at the University of Toronto. His research interests are honey, sugars and their effect on cardio-metabolic health. He also serves as the Chair of Review of Religions Research Canada, a research group of Majlis Khuddamul Ahmadiyya Canada.

Abstract

Honey has been used since ancient times for its sweet taste and benefits for health. In a recent statement, World Health Organisation has included honey among added sugars and called for a limit to the use of honey.

Is honey just another form of sugar?

Does honey have health benefits beyond its sugar content?

Dr. Ahmad will compare honey with sugar and present his research on the cardio-metabolic effects of honey versus sugar.

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