



PURE Maple Syrup

Natural and Nutritious

Pure Maple Syrup is a natural and nutritious sweetener and a smart choice as a sweet topping or as a flavorful ingredient in baking and cooking.

Maple Syrup is 100 percent natural and unrefined, retaining the inherent nutritional value of the sap obtained from the maple tree.

Important Nutrient Source

Maple Syrup is a very good source of mineral nutrients and vitamins

Nutritional Value for Various Sweeteners

% of Recommended Daily Value (DV) Per ¼ cup (60 ml)

| | Maple Syrup | Corn Syrup | Honey | Brown Sugar | White Sugar |
|------------|-------------|------------|-------|-------------|-------------|
| Manganese | 95 | 0 | 4 | 2 | 0 |
| Riboflavin | 37 | 1 | 2 | 0 | 1 |
| Zinc | 6 | 0 | 2 | 0 | 0 |
| Magnesium | 7 | 0 | 1 | 2 | 0 |
| Calcium | 5 | 0 | 0 | 4 | 0 |
| Potassium | 5 | 0 | 1 | 1 | 0 |
| Calories | 216 | 220 | 261 | 216 | 196 |

SOURCE: Canadian Nutrient File (Health Canada) and USDA Nutrient Database

The Original Sweetener

Native North Americans were the first to recognize *Pure Maple Syrup* as a source of nutrition and energy. Researchers have since shown that *Maple Syrup* has a higher nutritional value than all other common sweeteners.

Other Health Considerations

With its wholesome, natural flavour, *Pure Maple Syrup* has one of the lowest calorie levels of common sweeteners. It is also all natural with no additives.

**Choose *Pure Maple Syrup*,
a natural sweetener
and a smart food choice.**