



FACT SHEET: HEALTH BENEFITS OF MAPLE

A sustainable North American agricultural crop, pure maple is more than just delicious. Pure maple is a “smarter sweetener” that not only provides a natural alternative to processed sugar and chemical sweeteners, but also several health benefits.

While maple has been lauded as healthy for what it is not, pure maple is recognized more and more for what it IS: anti-inflammatory, antioxidant and nutrient-rich. Pure maple has a unique chemical composition with micronutrients and phytonutrients including polyphenols. Pure maple consumption has been associated with controlling blood sugar, better brain and liver health, reducing chronic inflammation, producing healthy gut biome, and even preventing wrinkles.

Professor Navindra Seeram, Ph.D., has been studying the health benefits of maple since 2009. His research focuses on investigating medicinal plants and their derived natural products for preventive and therapeutic effects against chronic human diseases. He has studied the health benefits of several antioxidant and polyphenol-rich foods including berries, tart cherries, pomegranates. In 2009, he added maple to his list of plants with potential health benefits.

Today, Professor Seeram and his team of scientists at the College of Pharmacy at University of Rhode Island have conducted extensive research on pure maple; specifically, the phytonutrients it contains. Seeram and team have found more than 67 bioactive natural plant compounds with potential health benefits and published several major scientific studies, confirming maple is a smarter sweetener. Some of these studies were presented in 2017 and again in 2019 at the annual spring meetings of the American Chemical Society (ACS), the largest scientific society in the world. Meanwhile, negative news continues about added processed and refined sugars, as well as chemical sweeteners.

For more information about Professor Seeram’s work on the health benefits of pure maple, visit <https://web.uri.edu/maple/research/>.

For information about the caloric value and glycemic index of pure maple syrup, visit <https://www.coombsfamilyfarms.com/maple-craft/maple-syrup-nutrition/>.

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