

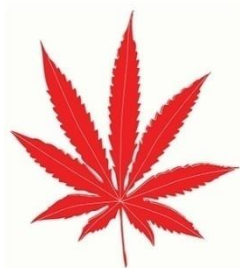


Conference Abstract

5th The Holy Quran & Science Conference and Exhibition – 2018

Sunday November 25, 2018

1194 Matheson Blvd E Mississauga, ON L4W 1Y2 Canada



Conference Abstract

The Effect of Honey Intake on Cardio-Metabolic Risk Factors: a Systematic Review and Meta-Analysis of Controlled Trials

Shamaila Bajwa

Undergraduate student at the University of Toronto. Interested in honey research.

Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Key words: Effect, Honey, Intake, Cardio-Metabolic, Risk, Factors, Systematic, Review, Controlled, Trials.

Speakers Profile

Shamaila Bajwa is an undergraduate student at the University of Toronto. She has an interest in honey research and is exploring how honey can affect risk factors for cardiovascular and metabolic diseases.

Abstract

Honey is referred as “the cure for mankind” in the Holy Qur’an and is a natural sweetener with a lower sugar content that elicits a reduced glycemic response due to its many bioactive compounds that can affect sugar metabolism. Excessive fructose intake has an adverse effect on established cardio-metabolic risk factors when consumed in excess. It is not known if replacing refined sugar with honey, a naturally occurring fructose-containing sugar, would result in a reduction in cardio-metabolic risk factors. We undertook a systematic review and meta-analysis of controlled trials to assess the effect of honey intake on cardio-metabolic

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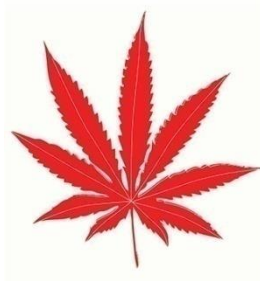
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Competing Interests:

The authors declare no competing interests

Additional information is available
at the end of the article.

risk factors risk factors such as lipids, glycemic control factors, weight, blood pressure and inflammatory markers.



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