



MAPLE SYRUP

provides functional food benefits for cardiometabolic health, when replacing refined sugars*



***Substituting refined sugars by maple syrup decreases key cardiometabolic risk factors in individuals with mild metabolic alterations: a randomized, double-blind, controlled crossover trial.**

Arianne Morissette^{#1,2}, Anne-Laure Agrinier^{#1,2}, Théo Gignac³, Lamia Ramadan¹, Julie Marois², Thibault V Varin², Geneviève Pilon^{1,2}, Éric Larose¹, Claudia Gagnon^{1,3}, Benoit J Arsenault¹, Jean-Pierre Després^{1,4}, Anne-Marie Carreau³, Marie-Claude Vohl^{2,5}, et André Marette^{1,2}.

1 Department of Medicine, Faculty of Medicine, Québec Heart and Lung Institute, Université Laval, Québec, Canada.

2 Centre Nutrition, santé et société (NUTRISS), Institute of Nutrition and Functional Foods (INAF), Université Laval Québec, Canada.

3 Department of Medicine, Faculty of Medicine, Centre de Recherche CHU de Québec-Université Laval, Université Laval, Québec, Canada.

4 VITAM - Centre de recherche en santé durable, CIUSSS de la Capitale-Nationale, Québec, Canada.

5 School of Nutrition, Université Laval, Québec, Canada.

Contributed equally.

In a clinical study*, replacing refined sugars with the same quantity of maple syrup for 5% of daily energy intake resulted in:



**Improved
glycemic response**



**Lower systolic
blood pressure**



**Reduced
abdominal fat**

