



THE IMPORTANCE OF HONEY IN A HEALTHY NUTRITION

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ABSTRACT

The beekeeping sector is an integral part of agriculture. Beekeeping plays an important role not only in terms of beekeeping benefits, but also in the maintenance and pollination. The honey products have beneficial effects on the digestive system, the respiratory system and the circulatory system.

Driving forces of honey consumption are mainly the price, type, quality and appearance. The special quality of honey products has a unique effect on consumption habits.

Keywords: beekeeping sector, healthy diet, other beekeeping products, beneficial effects on the body