

# Honey in Tea: Better Than Sugar, or Just Different?

From the Teas.co.uk wiki

**Honey in tea, in summary:** Honey tastes lovely in tea but is not meaningfully healthier than sugar at a teaspoon. Calorie maths, glycaemic context and when honey actually wins.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Honey in Tea: Better Than Sugar, or Just Different?. Canonical: <https://teas.co.uk/wiki/honey-in-tea/>*

Honey in tea is delicious and surrounded by health myth. Choose it for flavour, not in the belief it beats sugar nutritionally. This sits in the sweetening cluster beside [best sweetener for tea](#).

*Last reviewed by the teas.co.uk team in May 2026.*

*General information about tea, not medical or dietary advice. For blood sugar or diet concerns speak to a pharmacist, GP or dietitian.*

## The flavour case for honey

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The flavour case for honey, Honey in Tea: Better Than Sugar, or Just Different?. Canonical: <https://teas.co.uk/wiki/honey-in-tea/>*

Honey adds a floral, rounded sweetness that genuinely suits many teas, especially black, ginger, lemon and camomile. As a taste choice it is excellent and a fair reason to prefer it.

## The health myth

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The health myth, Honey in Tea: Better Than Sugar, or Just Different?. Canonical: <https://teas.co.uk/wiki/honey-in-tea/>*

In a teaspoon in tea, honey is essentially free sugars like any other; it is not meaningfully "healthier" than sugar at that dose. Its trace compounds are not present in amounts that change the dietary picture in a cup of tea.

## Where the myth comes from

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Where the myth comes from, Honey in Tea: Better Than Sugar, or Just Different?. Canonical: <https://teas.co.uk/wiki/honey-in-tea/>*

Honey has traditional soothing associations, particularly for a sore throat in warm lemon tea, and that comfort is real, but it is throat coating comfort, not a metabolic health upgrade over sugar, see [soothing teas](#).

### The hot tea caveat

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The hot tea caveat, Honey in Tea: Better Than Sugar, or Just Different?. Canonical: <https://teas.co.uk/wiki/honey-in-tea/>*

Very hot tea will dull honey's delicate aromatics; adding it to slightly cooled tea preserves more of its character. It still counts as free sugars whatever the temperature.

### Do not add honey to delicate green or white

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Do not add honey to delicate green or white, Honey in Tea: Better Than Sugar, or Just Different?. Canonical: <https://teas.co.uk/wiki/honey-in-tea/>*

As with sugar, honey buries the subtlety of fine green, white and aromatic teas. Save it for robust black, spiced and herbal cups, see [tea without sugar](#).

### Honey and blood sugar

Honey still raises blood sugar; for anyone managing diabetes it is not a free pass and is a matter for proper advice.

### Summary

Honey in tea is a lovely flavour choice and a poor health argument; in a teaspoon it is free sugars like any other. Enjoy it for taste, not as a virtue, see [is sugar in tea bad](#).

### Honey versus sugar, the comparison

In the quantity you put in a cup, honey is not meaningfully healthier than sugar; it wins on flavour, not on health.

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Question	Answer
Is honey healthier than sugar in tea?	Not meaningfully, at a teaspoon the difference is trivial
What honey is genuinely better at	Flavour, a floral, rounded sweetness sugar lacks
Very hot tea	Let it cool a little; scalding heat dulls honey's aromatic character
Delicate green or white tea	Best left unsweetened so you taste what you paid for

## Question

Blood sugar

## Answer

Honey still raises it; treat as sugar, not a free pass

The everyday teas in the same family: [English Breakfast](#), [Earl Grey](#), [green tea](#), [loose leaf tea](#), [Darjeeling](#), [oolong](#), and [herbal tea](#). Find more in the [tea shop](#); UK delivery is free over £35.

## Reference noted

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Honey in Tea: Better Than Sugar, or Just Different?.* Canonical: <https://teas.co.uk/wiki/honey-in-tea/>

- [PubMed: Green tea catechins and human health](#)

**FROM THE CURATOR** *teas* · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

## More tea reading

- [How to cut sugar in tea](#)
- [Tea without sugar](#)
- [Best sweetener for tea](#)
- [Milk in tea](#)

## Worth picking up

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Honey in Tea: Better Than Sugar, or Just Different?.* Canonical: <https://teas.co.uk/wiki/honey-in-tea/>

## More from the tea wiki

- [Green tea](#)
- [Black tea](#)
- [Oolong tea](#)
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- [Herbal tea](#)
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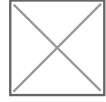
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