

# PURE CANADIAN MAPLE SYRUP

naturally sweet!



**World leader  
in truly unique MAPLE products**

## COMPARATIVE NUTRITIONAL INFORMATION

PURE MAPLE SYRUP VERSUS SUGARS (SERVING: 100G)

	Maple Syrup	Honey	Table syrup	Corn Syrup
Energy (kj)	1 053	1 490	1 050	1 270
Energy (calories)	252	356	250	304
Fats (g)	0	0	0	0
Sodium (mg)	1,2	1,9	0,0	0,0
Carbohydrates (g)	66	83	66	76
Sugars (g)	66	83	66	76
Proteins	0	0	0	0
<b>Potassium (mg)</b>	<b>200</b>	4,3	0	0
<b>Calcium (mg)</b>	<b>70</b>	0	0	0
<b>Magnesium (mg)</b>	<b>20</b>	0	0	0
Phenolic compounds (mg)	1	0	0	0

Canada **No. 1** Light  
US Grade **A**  
Medium Amber

Canada **No. 1** Medium  
US Grade **A**  
Dark Amber

Canada **No. 2** Amber  
US Grade **B**  
Commercial

Canada **No. 3** Dark  
US Grade **B**  
Commercial

Taste · Quality · Consistency  
Reliability · Flexibility



PRODUCERS OF PURE INNOVATION



Use pure maple syrup in any cooked foods.  
Excellent for bread, cakes and muffins.

- Patented technologies – exclusive products
- Controlled atmosphere storage



MAIN INDUSTRIAL USAGES	CANADA NO. 1 LIGHT US GRADE A MEDIUM AMBER	CANADA NO. 1 MEDIUM US GRADE A DARK AMBER	CANADA NO. 2 AMBER US GRADE B COMMERCIAL	CANADA NO. 3 DARK US GRADE B COMMERCIAL
	<i>Delicate Flavour</i>	<i>Typical Flavour</i>	<i>Pronounced Flavour</i>	<i>Full-Boiled Flavour</i>
sausage	✓			
whisky	✓			
facial and body cream	✓			
smoked salmon		✓		✓
cookie		✓		
maple syrup extract		✓		
natural liquid dietary supplement sweetener		✓		
candie			✓	
citrus drink			✓	
drink			✓	
jam			✓	
tobaco leave				✓
salad dressing				✓
marinated meat				✓
muffin				✓
yoghurt				✓
ice cream				✓
bread				✓
juice sweetener				✓
alcohol				✓
muesli cereal				✓
pie				✓
wine				✓
mustard				✓
dried fruit sweetener				✓



2100 Saint-Laurent, P.O. Box 310  
Plessisville (Québec) G6L 2Y8, Canada  
T 819 362-3241  
F 819 362-2830  
www.citadelle-camp.coop  
citadelle@citadelle-camp.coop

