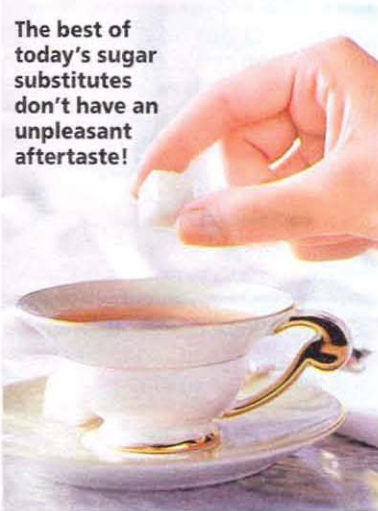


# Which sweetener is best for you?

The best of today's sugar substitutes don't have an unpleasant aftertaste!



An estimated 52 million of us are trying to reduce our sugar intake—and that's wise, given that dozens of studies show cutting back helps women slim down, prevent and treat diabetes and control blood pressure, cholesterol and more. However, which sweetener is best for you depends on several factors. Here's how to pinpoint the best sugar substitute for you:

● **Love baking? Try Whey Low**  
This new natural sweetener tastes and bakes just like table sugar, yet has 75% fewer calories! Studies show it actually steadies insulin

production, instead of disrupting it the way white sugar does. "Whey Low is made from a blend of natural sugars, one of which—lactose—helps block the absorption of the others!" notes women's health expert Susan M. Lark, M.D.  
● **TIP** Find Whey Low at health-food stores, or online at [WheyLow.com](http://WheyLow.com), and substitute it, cup-for-cup, for sugar in any recipe.

● **Need something portable? Try Truvia**

This natural sweetener is made from the stevia plant, yet it's purified, so it doesn't have stevia's aftertaste, experts say. Each packet contains the sweetening power of 2 tsp. of white sugar, yet even in high doses, this zero-calorie sweetener doesn't affect blood-sugar levels one iota, studies show.

● **TIP** Truvia packets are available in many grocery stores.

● **Want to keep your arteries clear? Try honey**

Consuming 2 Tbs. to 3 Tbs. of honey daily could cut your risk of heart disease as much as 20%, experts

**Health News!**  
Extra-virgin olive oil is best for breasts  
Made from the first olive pressings, it contains more breast-cancer-fighting antioxidants than other olive oils, according to a new Spanish study.

## What's turbinado sugar?

It's raw, unprocessed sugar made from the very first pressing of sugar cane. As a result, it contains lots of nutrient-rich molasses, plus has 31% fewer calories than white sugar!

say. Honey's enzymes stop cholesterol from sticking to blood vessel walls, plus help your liver flush out up to 84% of artery-clogging fats from your system. Bonus: University of Illinois research proves that honey quickly destroys the bacteria that cause tooth decay and gum disease!

● **TIP** Choose raw honey, which contains at least 20 times more helpful enzymes than pasteurized brands.

● **Got high blood sugar? Try agave cactus nectar**

Researchers at Australia's University of Sydney say agave is more sugar-stabilizing than most vegetables and whole grains! The reason: It's packed with 12% inulin, a plant compound that prevents blood-sugar surges.

● **TIP** Find agave nectar in health-food stores. (1/3 cup = 1 cup sugar.)  
—Brenda Kearns



● **Good news about being busy**

People whose calendars are crammed with commitments are 60% more likely to live long, healthy lives than folks who struggle with boredom, report researchers at Britain's University College London. Why? The brain and body are so intricately connected that boredom speeds the onset of serious illnesses!

● **Breastfeeding lowers diabetes risk**

Moms who breastfeed have a 14% lower risk of developing Type 2 diabetes later in life for every year they breastfeed, suggests a new Australian study. Researchers theorize that hormonal changes triggered during nursing have lasting effects on how the body processes blood sugar.

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