



The Best Sugar Substitute

As a dietitian, I'm always looking for new products that are not only better for you, but also taste good—especially when it comes to sugar substitutes. The search is over. I found a sugar sweetener that tastes *exactly* like the real thing. It's called Whey Low, an all-natural blend of crystalline fructose (fruit sugar), lactose (milk sugar), and sucrose (table sugar). Here's the exciting part—it has about 75% fewer calories than regular sugar! I love it in my coffee (no aftertaste), and it substitutes perfectly in these desserts. Look for it at natural food markets, or order online at wheylow.com. It's a bit pricey but well worth the splurge. —BY SHANNON SLITER SATTERWHITE, M.S., R.D.

