

Another Sugar Substitute You Can Try

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Although the natural sweeteners xylitol and stevia are my top choices for sweeteners, I realize they may not be for everyone. Stevia's aftertaste can be a little strong for some, and a few people can experience digestive distress with xylitol.

Fortunately, I recently discovered another natural sweetener called Whey Low. Unlike other sugar substitutes (natural or artificial), it has the same texture and flavor as regular sugar. In fact, Whey Low is a patented blend of three forms of sugar: fructose, lactose and sucrose. (*Note:* Don't let the word "lactose" worry you — Whey Low has nothing to do with your ability to digest dairy, and won't cause problems if you're lactose intolerant.) But compared to ordinary sugar, Whey Low has 75% fewer calories and is 60%-80% lower on the glycemic index. And instead of causing a spike in your blood sugar, it actually reduces your body's glucose response!

Besides matching its taste and texture, Whey Low even measures the same as regular sugar, making it very easy to substitute in recipes and anywhere else you would typically use sugar. While cutting out sugar is the best approach to promoting optimal blood sugar levels and overall health, I know as well as you that those cravings for sweets won't disappear. Whey Low is a great option for satisfying these cravings. Give it a try and let me know how it works for you.

Yours in good health,
Dr. Whitaker

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