

start slowly and ease into eliminating sugar from the diet, she took the “cold turkey” approach.

Her weight had spiraled to nearly 230 pounds, and on a 5-foot frame, it was endangering her health. Her turning point came when her doctor warned of impending diabetes or a heart attack if she didn't lose the weight.

“I actually eliminated sugar more strenuously than I would ever recommend for others to do,” says Tremethick. Consistent exercise and an overall healthy diet that included the elimination of sugar are what took the 90

pounds off for Tremethick. Her tip for the nagging sweet craving is to give in, but with limits. “A small scoop of ice cream, a sample size piece of candy or a cookie and then get back on track,” she says.

Cutting back or eliminating sugar in your diet will not only produce weight loss but give you a healthful array of foods you may never had tried had you not given up the simple sugars in your diet. ●●

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SUGAR ALTERNATIVES

With these tasty alternatives, you won't need refined sugar to satisfy your sweet tooth. Stevia, in particular, provides a pleasant sweetness without aftertaste.

STEVIA is an extremely sweet herb native to Paraguay and has been used for centuries as a flavor enhancer. It has no calories and is said to be 150 to 400 times sweeter than sugar. It is sold in powder and liquid forms. Since it is so much sweeter than sugar, it doesn't take much to sweeten your coffee or desserts. Look for Stevia as a “dietary supplement” in your local health food store. Visit www.stevia.net for recipes and tips on successfully using Stevia in your diet.

WHEY LOW is made from a blend of natural sugars. It packs the same sweetness as table sugar, but with 75 percent fewer calories. Whey low is available in many forms including individual packets to Whey Low Gold for recipes that call for brown sugar. Visit www.wheylow.com for products and recipes.

SPLENDA is the brand name for the ingredient sucralose. Its patented multi-step process creates Splenda from real sugar cane, but has no calories. The body does not recognize it as a carbohydrate and passes through the system unchanged. Splenda is available in granular form and individual packets. Visit www.splenda.com for more information.