

## Weigh less with Whey Low

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**By** Deborah Rhoades: From the Extension Office

Spring is in the air, and bathing suit season is just around the corner.

The thought may motivate you to drop a few pounds and get back in the exercise routine. Just in time is a new natural sweetener -- Whey Low, which has 75 percent fewer calories and carbohydrates than sugar. That can equal a lot of calories if you have a sweet tooth and drink lots of beverages with added sugars.

Whey Low granular is a blend of three all-natural sugars -- sucrose, fructose and lactose. It has the same sweetness and functional properties as ordinary table sugar and can be used in most food to replace sugar one for one. The product is approved by the Food and Drug Administration as safe for use, and the manufacturer has obtained a U.S. patent.

Whey Low is the brainchild of Maryland company VivaLac Inc. You can buy it at Whole Foods markets and specialty grocers in Maryland. Check their website [www.wheylow.com](http://www.wheylow.com) to see where it's available. I have personally searched for the product at Frederick County stores, but no one offers the product.

It can be purchased directly from the manufacturer in Brookville via their website or by calling 301-774-2433 or toll-free 1-888-639-8480 Monday through Friday from 9 a.m. to 6 p.m. and Saturday 9 a.m. to noon. Ask your favorite store to carry the product and give them the contact information. Stores want your business, and they will gladly make it available if enough consumers request a product.

Whey Low has arrived at an opportune time to attack the national obesity crisis. Americans like their sweets and it's unrealistic to think they will give up their favorite desserts and beverages. Try this cake recipe from their website -- a delicious way to cut some calories without giving up taste. Customers have posted other recipes on the website, and I am anxious to give them a try.

Whey Low powder is not yet available in stores, but can be purchased on the website.

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