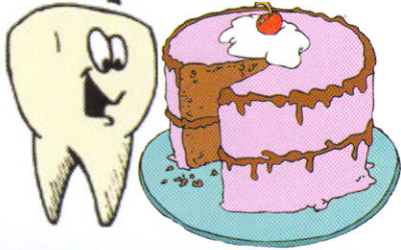


HOT TOPIC

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Sweet Tooth



Even babies prefer sweet things over any other taste, so it's no wonder that we adults tend to have such a sweet tooth. Unfortunately, those cravings end up registering as love handles, double chins, and fat fannies. Thus, the invention of artificial sweeteners.

Actually, you'll see them more often referred to as "sugar substitutes" now as people raise eyebrows at the word "artificial." In recent years, more and more products have entered the market, but all in all, there are three common choices—which can be identified as easily by color as by name.

•**Pink Packet = Sweet 'N Low**, which is saccharin. This has been around for decades. It is a synthetic chemical nearly 300 times sweeter than sugar. Its safety

has been debated over the years, but currently it's considered safe.

•**Blue Packet = Equal**, which is aspartame. This is a chemical combination of two amino acids about 200 times sweeter than sugar. Again, its safety has been in question, but it is generally considered safe, except for people with the rare disease PKU.

•**Yellow Packet = Splenda**, which is the newest to the club. It claims to be "made from sugar" and is a combination of sucrose (table sugar) and chlorine. So far, so good, as no concerns have yet surfaced on this product.

With new products emerging in this category, let's hope more natural, safe choices will be available. Then we'll all be able to have our cake and eat it too.

*It's time to reward yourself—you deserve it. You work hard both in and out of Curves. To help you, try **Whey Low**®. Called the world's ultimate sugar substitute, it's 100% all natural, tastes just like sugar, and is perfect for baking. Best of all, this patented blend has 75% fewer calories than sugar.*

Who says you can't have your cake and eat it too?

Look for it at www.wheylow.com or call 888-639-8480.

Chocolate-Banana Cake

Ingredients

3/4 c whole wheat flour
3/4 c all-purpose flour
1/2 c **Whey Low**® (or sugar)
1/3 c unsweetened cocoa powder
1 t baking soda
dash salt
1 egg
1 c buttermilk
1 mashed ripe banana
1/4 c canola oil
2 t vanilla
1/2 c semi-sweet chocolate chips
2 T chopped walnuts (if desired)

Directions

Coat a 9" round or square cake pan with non-stick cooking spray. Preheat oven to 350°. Whisk together flour, sugar, cocoa, baking soda, and salt in a large bowl. In another bowl, whisk egg, buttermilk, banana, oil, and vanilla. Stir into the flour mixture. Add chocolate chips. Pour into prepared pan. Sprinkle with nuts. Bake about 25-30 minutes, or until center springs back when lightly touched.

If you like, double the recipe to create a layered cake. When cakes cool, slice each in half and frost between each with a low-cal fruit preserve.

Calories 137,
(with sugar 160 calories)
Protein 3 g, Carbs 25 g,
Fiber 2 g,
Fat 6 g,
Chol. 15 mg,
Sodium 120 mg.
(calculated without nuts)



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April showers bring May flowers. Drop into Curves and see what blooms.