

NUTRITION NEWS & NOTES

A Healthier Way To Satisfy Sugar Cravings

(NAPSA)—There's sweet news for anyone who is concerned about weight and developing diabetes—a fruit extract from Asia may offer a healthier alternative to cravings for sugar.

According to the American Diabetes Association, 20.8 million Americans are affected by diabetes, a serious chronic disease managed by lifestyle changes and medication. Also, the National Institutes of Health indicates that almost two-thirds of Americans are



A nonsugar natural sweetener

overweight and about a third are considered obese or more than 30 pounds above ideal weight.

One culprit for these problems may be the overconsumption of sugar. An alternative is a fruit extract of Luo Han Guo, a fruit grown in Asia. Besides its incredible sweetness, the fruit's syrup is also known for its curative powers.

For hundreds of years, monks cultivated these vines and used the extract as a traditional remedy for colds, coughs, sore throats and gastrointestinal disorders.

The extract is composed of substances called mogrosides, which are 300 times sweeter than sucrose, fructose or glucose. The good news for diabetics and the weight conscious is that this fruit



A new, low-calorie, natural sweetener that is not a sugar offers tasty options for people who are overweight or concerned about diabetes.

is not a sugar. A cousin of the cucumber, it is a member of the gourd family. While the syrup tickles the taste buds with its intense sweetness, Luo Han Guo is extremely low in calories and a natural product.

This sugar alternative comes in a syrup called Sweet Sensation, and soon will be available in a powder form. It can be used on pancakes, waffles and in favorite recipes. Delicious tasting, this natural sweetener can be used in most foods, including teas and coffees.

The product is available online, as well as in drugstores and supermarkets in the natural foods and diabetic sections.

For more information, visit www.newaynatural.com.