

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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SWEET NEWS

WHILE IT'S NOT ON ANY BEST-SELLER LISTS, A FOOD LABEL'S "NUTRITION FACTS" CAN MAKE FOR A GREAT READ. THAT'S BECAUSE FOOD LABELS TELL YOU WHAT'S IN THE ITEM YOU'RE ABOUT TO PUT IN YOUR MOUTH. FOR EXAMPLE, IF WEIGHT CONTROL IS OF INTEREST TO YOU, YOU MIGHT LIKE TO LOOK FOR SUCH STATEMENTS AS "SUGAR FREE" OR "REDUCED CALORIE." THE NUTRITION FACTS PANEL IS GENERALLY FOUND ON THE SIDE OR BACK OF A FOOD PACKAGE. THERE, YOU CAN FIND OUT ABOUT CALORIES AND THE TOTAL CARBOHYDRATE CONTENT OF A SERVING, INFORMATION USEFUL TO PEOPLE WITH DIABETES. ALSO, YOU MAY WANT TO LOOK FOR THE WORDS "DOES NOT PROMOTE TOOTH DECAY" OR "SAFE FOR TEETH." PEOPLE TRYING TO MODERATE THEIR SUGAR INTAKE CAN FIND A WIDE VARIETY OF ALTERNATIVE SWEETENERS. ONE POPULAR OPTION IS POLYOLS, ALSO KNOWN AS SUGAR ALCOHOLS—THOUGH THEY CONTAIN NEITHER SUGAR NOR ALCOHOL. SOME POLYOLS YOU MAY FIND ON LABELS INCLUDE ERYTHRITOL (EH-RITH-RIH-TAWL), ISOMALT (I-SO-MALT), MALTITOL (MAL-TI-TAWL), SORBITOL (SOR-BIH-TAWL) AND XYLITOL (ZY-LOW-TAWL). THESE ARE SWEET CARBOHYDRATES THAT PROVIDE A CLEAN, FRESH TASTE AND SWEETNESS WITH FEWER CALORIES THAN SUGAR. THEY'RE USUALLY FOUND IN GUM, CANDY, ICE CREAM, BAKED GOODS, FROZEN FOODS, YOGURT, FROSTING, CANNED FRUITS AND FRUIT SPREADS. LEARN MORE AT POLYOL-DOT-ORG.