

# NUTRITION NEWS & NOTES

## Sweet Ways To Manage Sugar Intake

(NAPSA)—More people are making personal choices about sugar consumption. Some—diabetics, for example—must watch sugar intake as part of their carbohydrate-controlled diet. Others practice moderation in all areas of their diet and simply prefer to eat less sugar. According to a recent *Dieting Monitor*, 60.8 percent of consumers said they were trying to cut down on sugar. As a result, many adults are seeking alternatives to snacks that typically contain sugar, but they still want fun treats that taste good. Today there are more products out there to meet that demand.

Sugar-free cookies offer another choice for sugar-conscious people who want a sweet-tasting snack, and there are a number of varieties on the market. New recipes and baking technologies have dramatically improved their taste. In fact, Murray® Sugar Free made news recently when it released taste tests that showed that their sugar-free chocolate chip cookies taste as good as original Chips Ahoy! cookies. Products like these can be a great way for consumers to bridge the gap between satisfying their sweet tooth and eating desserts and snacks with less sugar.

Sugar-free cookies can also be the basis for some great no-added-sugar dessert recipes. Try this one for creamy Pistachio Chocolate Chip Parfaits.

### Pistachio Chocolate Chip Parfaits

- 1 package (4-serving size) pistachio flavor, fat-free, sugar-free instant pudding & pie filling
- 12 Murray® Sugar Free Chocolate Chip cookies



Snacks made with no-calorie sweeteners can be a smart—and delicious—alternative.

(slightly crushed)

- 1 teaspoon green crème de menthe
- 1½ cups frozen fat-free non-dairy whipped topping, thawed
- 2 tablespoons pistachio nuts, toasted\*

Prepare pudding according to package directions, using fat-free milk. In medium bowl, fold cookies and crème de menthe into whipped topping. In 6 parfait glasses or dessert dishes, layer half the pudding, half the whipped topping mixture and half the nuts. Repeat layers.

**Nutrition Facts for 1 Parfait Glass (59g): 220 Calories, 9g Fat, 0 Cholesterol, 870mg Sodium, 33g Carbohydrates, 2g Protein.**

\*NOTE: To toast pistachios, spread evenly on baking sheet. Bake at 350° F for 5 to 10 minutes or until light golden brown, stirring once or twice.

For nutrition, dietary exchanges and more great recipes, visit [www.murraysugarfree.com](http://www.murraysugarfree.com).