

Good Housekeeping

WIN! A \$5,500
DREAM DECK! P. 26



SWEET NEWS

The history of sugar substitutes has been like a “good news/bad news” joke. The good news: They save calories. The bad news: They can cause gas, bloating, and sometimes an unpleasant aftertaste. But now there’s a new sweetener, erythritol, that just may be the first double-good-news substitute. Appearing under the brand names Sweet Simplicity, Organic Zero, and Z Sweet, erythritol is a natural sugar alcohol that has virtually no calories and is much less likely to cause tummy upsets than other sugar alcohols like xylitol or sorbitol. It’s only 60 to 70 percent as sweet as sugar; it’s also much less intensely sweet than aspartame (Equal) or sucralose (Splenda). But a number of GH staffers liked the subtle lift erythritol gave to coffee, yogurt, and oatmeal—without leaving an aftertaste. They were less keen on baked goods made with the new products: Cookies and cake received poor ratings for texture and appearance; tasters also noted an odd cooling sensation (like sucking on a mint) when eating the cookies. (Note: Sweet Simplicity advises that you use its recipes for baking, while Z Sweet’s recipes call for added sugar.)

JULY 2008

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