

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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177 WORDS, 60 SECONDS

CUT THE SUGAR, NOT THE FLAVOR

THERE'S GOOD NEWS FOR THOSE WHO WANT TO REDUCE THE AMOUNT OF SUGAR IN THEIR DIET AND STILL SATISFY THEIR CRAVING FOR A TASTE OF SOMETHING SWEET. IN PLACE OF SUGAR, MANY FOODS THESE DAYS ARE MADE WITH A KIND OF SWEET CARBOHYDRATE CALLED POLYOLS. POLYOLS ARE A GROUP OF LOW-DIGESTIBLE, REDUCED-CALORIE SWEETENERS WITH A SWEET TASTE BUT FEWER CALORIES THAN SUGAR. THE BODY USES POLYOLS AND SUGARS IN DIFFERENT WAYS. METABOLIZING POLYOLS REQUIRES LITTLE OR NO INSULIN, WHICH MAKES THEM GOOD OPTIONS FOR PEOPLE WITH DIABETES. SOME OF THE MOST POPULAR FOODS CONTAINING POLYOLS INCLUDE CANDIES, ICE CREAM AND OTHER DAIRY PRODUCTS, BAKED GOODS AND FRUIT SPREADS. MINTS AND CHEWING GUM MADE WITH POLYOLS ARE SWEET WITHOUT PROMOTING TOOTH DECAY. SOME TOOTHPASTES, MOUTHWASHES AND THROAT LOZENGES ALSO CONTAIN POLYOLS. TO FIND OUT IF A PRODUCT CONTAINS POLYOLS AS AN ALTERNATIVE TO SUGAR, LOOK FOR THE LABELS "SUGAR FREE" OR "NO SUGAR ADDED." 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). YOU CAN LEARN MORE AT POLYOL--DOT--ORG.