

Press Release
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Holiday Sweets with Less Sugar

Sweets are part of our Thanksgiving and Christmas cultures, and for many it just wouldn't be the holidays without a certain candy or dessert treat that is a family tradition. These holiday goodies are enticements to over-indulgence.

Many families, however, are becoming more health conscious about holiday fare because they have loved ones who have developed diabetes or a pre-diabetic condition and need to follow an eating plan to keep carbohydrates and sugars low.

Whether you are a diabetic or not, the amount of sugar in your diet needs to be kept in check to keep your glucose levels normal. Moderation is the key—cut down on carbohydrates and to reduce your overall caloric intake.

One important fact to remember is that a “sugar-free” food is not always “calorie free”. Although a sugar-free food may not contain sugar, foods often contain other calories from carbohydrates, fat and protein.

Tips to help with your holiday “sweet tooth” :

- Exercise portion control, smaller is always better.
- Prepare traditional recipes, but use less sugar—depending on the recipe try using fruit, fruit juices or sugar substitutes
- Reduce amount of syrups, marshmallows, and chocolate
- Monitor carbohydrates; they are as important as sugar intake.
- The amount of sugar in some recipes can be reduced by 1/3 to 1/4.
- Increase use of cinnamon, nutmeg, vanilla and other sweet-tasting spices.
- Replace fat with applesauce or baby food

Label Term:	Means:
Calorie free.....	less than 5 calories
Sugar free.....	less than 0.5 gram sugars per serving
Reduced sugar or less sugar.....	at least 25% less sugar or sugars per serving
No added sugars, without.....	no sugars added during processing or packing including ingredients that contain sugar such as juice or dry fruit
added sugar, no sugar	
Low sugar.....	(may not be used as a claim on food labels)

Source: American Dietetic Association:

Blackberry Almond Bars

2 cups flour
 12 packets Equal ® sweetener
 1/8 tsp salt
 8 tablespoon cold margarine, cut into pieces
 1 egg
 1 tbsp water
 2 tsp grated lemon rind
 2/3 cup seedless blackberry spreadable fruit
 1 tsp cornstarch
 ½ cup sliced almonds

Combine flour, Equal® and salt in medium bowl, cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in egg, water and lemon rind (mixture will be crumbly.)

Press mixture evenly in bottom of greased baking dish, 11x7. Bake in preheated 400°F oven until edges of crust are browned, about 15 minutes. Cool on wire rack.

Mix spreadable fruit and cornstarch in small saucepan; heat to boiling. Boil until thickened, stirring constantly, 1 minute; cool until warm. Spread mixture evenly over cooled crust; sprinkle with almonds. Bake in preheated 400° F oven until spreadable fruit is thick and bubbly, about 15 minutes. Cool on rack and cut into squares. Yield 24 bars.

Approximate values per serving: 116 calories, 6 g fat, 9 mg cholesterol, 15 g carbohydrates, 59 mg sodium.

Apple Cranberry Pie

1 (15 oz) pkg refrigerated piecrusts
½ cup SLENDA, granulated
1 tbsp flour
½ tsp cinnamon
4 large Granny Smith apples, peeled, cored, sliced
1 cup cranberries, coarsely chopped

Preheat oven to 400°F. Unfold 1 piecrust; press out fold lines. Fit piecrust into a 9" pie plate according to package directions. Combine SLENDA, flour and cinnamon in a large bowl; add apples and cranberries, tossing gently. Spoon mixture into piecrust.

Unfold remaining piecrust; press out fold lines. Roll to 1/8 inch thickness. Place over filling; fold edges under and crimp. Cut slits in top to allow steam to escape.

Bake at 40-50 minutes or until crust is golden. Cover edges with foil to prevent overbrowning, if necessary. Cool on a wire rack one hour before serving.

Approximate values per serving: 300 calories, 14 g fat, 10 mg cholesterol, 2 g protein, 43 carbohydrates, 200 mg sodium

Source: McNeil Nutritionals, LLC