

Health

**WALK
A LITTLE,
LOSE
A LOT**

**Drop 12Lbs
In 4 Weeks!**

BREAST CANCER
Simple Ways To
Slash Your Risk

Belly, Butt, Thighs!
**TONE EVERY
BULGE** In Just 10 Minutes!

**EAT YOUR
WAY SLIM**

**7 Amazing
Fat-Burning
Foods**

**All-Natural
Allergy Cure**
It's True!
See p.69

***Zoey
Deschanel***
Her secrets to
a sunny life

Health.com APRIL 2010

**Gorgeous
For Less!**

**83 Best Buys For Your
Skin, Hair & Body**

Healthy or Hype?

Agave! Salba! Find out which new finds in the health-food aisle are actually good for you.

By Frances Largeman-Roth, RD

1 | Agave nectar

WHAT IT IS: A syrup made from the Mexican agave plant, which is used as a sweetener and to make mescal—a distilled spirit. (Tequila is a kind of mescal.)

WHERE YOU'LL FIND IT: In the baking aisle, near the other sweeteners.

WHAT IT'S GOOD FOR: The syrup is roughly 1.5 times sweeter than sugar, without being cloying, and it works well in drinks and baked goods. It has a lower glycemic index than sugar, so it doesn't cause blood sugar levels to spike as sharply. And agave is a natural source of inulin, a fiber additive that promotes the growth of stomach-protecting probiotics.

WORTH A TRY? If you're looking for a less-processed sweetener, agave is a good choice. But it's not calorie-free: 1 tablespoon has 60 calories. You'll pay more, too: a 23.5-ounce bottle of organic agave is \$7.99, while a 5-pound bag of sugar (which has more servings) costs about \$3.99.

2 | Rooibos (roy-i-bus)

WHAT IT IS: A caffeine-free South African plant that is brewed as a tea; also known as red tea.

WHERE YOU'LL FIND IT: In the tea and spice aisles, and where bottled iced tea is sold. You can even get a rooibos latte at Starbucks.

WHAT IT'S GOOD FOR: Rooibos is

naturally sweet, so it's perfect iced with a little fresh mint or lemon for a low-calorie drink, and it delivers a nice hit of antioxidants. Rooibos also has been used for centuries to combat allergies and skin problems, although these benefits have not been documented.

WORTH A TRY? If you enjoy the flavor of this tea, sure.

3 | Stevia

WHAT IT IS: A sweetener made from the South American stevia plant.

WHERE YOU'LL FIND IT: In packets as Truvia and PureVia brands, and in beverages and other foods. SoBe LifeWater is sweetened with PureVia; some Odwalla drinks and Breyers' YoCrunch 100 Calorie Packs include Truvia. Expect to see



Stevia is great if you're watching your weight. It is 300 times sweeter than sugar but has *zero calories*.