

## 2 Healthy Substitutes For Cooking Tasty Low Calorie Meals!

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by FrancesNorahSmith

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As you might have guessed, in order to achieve both ends, you need to use "food substitutes". For example, if there is the fatty butter, there is also the low-fat margarine you can use as its replacement. Similarly, for the high calorie sugar, there is a substitute in the form of Splenda. Let's examine how those two healthy substitutes could help you cook delicious, low calorie meals!

1. In modern world, there are indeed a number of people who don't suffer from "sugar addiction". Most of us consume sugar regularly in some or other way, be it in the form of candies, cookies, soft drinks, or soda! Now let me give you a little background about Splenda.

In fact, Sucralose was approved and first released in the market in the late 1990's. Sucralose is now available to you under the brand name of Splenda. Splenda maybe low on calorie content, but you would be surprised to notice that it doesn't taste bland like other artificial sweeteners!

Thanks to Splenda, there is no longer any need to control your sugar cravings. You can use Splenda as a sugar substitute wherever and whenever appropriate. That way, you are able to satiate your sugar cravings while keeping the pounds away at the same time!

2. Most modern recipe books mention margarine as a butter substitute in the list of required ingredients. As more and more people worldwide are becoming health conscious, using margarine instead of butter is becoming the norm not only in households but also in top restaurants. If you believe that margarine doesn't taste as great as butter, you couldn't be further from the truth!

If you cook something with margarine and serve it to your family members, I am sure they won't be able to tell the difference! Unlike butter, since margarine is low on calorie content, it enables you to maintain your connoisseur taste buds intact without the extra burden of fat!

If someone told you that you have to sacrifice your taste buds for the sake of weight loss, he is just dead wrong, as you can easily conclude from this article. I hope this article helps you live a healthy and enjoyable life!

### More Information

Frances Norah Smith and her group have been researching on burn fat exercises for a few years. For a limited time, you can get an invaluable free report on the fastest way to lose belly fat by visiting her blog.