

Are Americans Too Sweet?

Consider these shocking statistics:

- The average American consumes over 150 pounds of sugar per year or about 50 teaspoons per day!
- One 12-ounce soda contains 10 teaspoons of sugar alone!
- That 2-ounce candy bar you grabbed for a snack has a whopping 11 teaspoons of sugar.

With sugar content like these in our everyday foods, it's no wonder that we're reaching almost epidemic levels of diabetes and obesity nationwide, as well as increases in cases of heart disease, osteoporosis and kidney stones.

What's the option? In **Sensational Stevia Desserts**

(© 9/05, www.steviadessert.com), Lisa Jobs introduces over 80 ways to remove sugar and artificial sweeteners from dessert preparation forever. Her delicious dessert recipes instead use stevia, an all-natural, healthy alternative to sugar and artificial sweeteners. (Those not familiar with stevia, see below**)



Strawberry Mousse and Mango Sorbet Cream from **Sensational Stevia Desserts**; photography by Charles George Jobs, food styling by Lisa Jobs; all color photos available electronically upon request

“Preparing desserts with stevia is an all-natural way to dramatically reduce our sugar intake and still enjoy the desserts we crave and enjoy without sacrificing flavor. You don't have to dismiss sweet treats altogether or suffer from the potential side effects of artificial sweeteners. It is simply a matter of making the healthiest choices and knowing all of your options. Making desserts with stevia is certainly one option everyone can try,” Jobs says.

**Stevia is derived from an herb that is much sweeter than sugar with no known side effects like those reported with sugar or other substitutes like aspartame. It has intense sweetening qualities with no calories, no carbohydrates and no fat. It does not cause tooth decay and, because it does not raise blood glucose levels, diabetics can use it.

For more information on stevia, visit www.raysahelian.com, www.steviacanada.com or www.ncbi.nlm.nih.gov (keyword “stevia,” then click on PubMed for various abstracts from studies conducted on stevia).

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Fred Pescatore, MD, MPH, CCN, author of the best selling, *The Hamptons Diet*, comments, “Finally a dessert cookbook that won’t have you regretting eating any of them. Stevia’s place in American kitchens is long overdue and Lisa Jobs does a great job of teaching how to use this safe, delicious and calorie-free herb.”

Sensational Stevia Desserts differs from other stevia cookbooks in many ways:

- it specializes only in low-carb, lower calorie, outstanding stevia desserts
- an exclusive beautiful, eight-page, full-color photo insert will tempt the baker
- there is full nutrition information for each recipe and
- **Sensational Stevia Desserts** is the first cookbook with measurements for multiple brands of stevia! And if that’s not enough, Jobs is the first author to compare many of her recipes’ nutritional content to traditional sugar recipes or store-bought counterparts.

So put yummy desserts back on the table, but make them better by using stevia.

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To request a review copy of **Sensational Stevia Desserts**, arrange an interview with Lisa Jobs, or for any additional information, please contact Kate Bandos at KSB Promotions: **800-304-3269** or 616-676-0758 • fax 616-676-0759 • kate@ksbpromotions.com

Sensational Stevia Desserts

by Lisa Jobs, BA, MJ

Foreword by Andrew P. Mandell, Executive Director
of Defeat Diabetes Foundation

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Line Illustrations • Nutrition Facts

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For more information about the book or author, go to www.steviadessert.com.

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