



## TruWhip~ A Greener Topping For Your Dessert

October 23, 2009 by Linette Gerlach

4 Comments

Filed under Recipes

I've been enjoying some yummy whipped topping from TruWhip on my crustless pumpkin pie the last couple days, so I thought I'd let you know a little bit more about the product.

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TruWhip is the only all natural whipped topping with no trans fats, no hydrogenated oils, no high fructose corn syrup and no GMO's, it's 70% organic, and it's gluten-free. It has the convenience of CoolWhip, but without any of the questionable ingredients.

TruWhip sent me a container of their whipped topping to try out. My son's a big fan of all things dessert, so he was excited when he saw the container. He's been bugging me to give it a try.

So did it pass the taste test? It definitely did at our house. My son loves whipped topping, so I usually whip up my own, once in a while we'll use CoolWhip. I gave him a dollop of the TruWhip on top of his pumpkin pie, and asked him what he thought of it. He said it was yummy. His answer for anything he likes.

I thought the TruWhip was very good too, of course there's nothing better than whipping up your own batch of whipped topping the old fashioned way. If you are short on time, and don't want to make your own, I would say TruWhip is a great alternative.



## Comments

### 4 Responses to "TruWhip~ A Greener Topping For Your Dessert"

**Audrae Erickson says:**

October 26, 2009 at 4:50 pm



High fructose corn syrup may have a complicated-sounding name, but it's simply a kind of corn sugar that is nutritionally the same as table sugar.

According to the American Dietetic Association, "high fructose corn syrup...is nutritionally equivalent to sucrose. Once absorbed into the blood stream, the two sweeteners are indistinguishable."

High fructose corn syrup, sugar and honey all contain the same number of calories (four calories per gram).

Like table sugar and honey, high fructose corn syrup contains no artificial or synthetic ingredients or color additives.

As many dietitians agree, all sugars should be consumed in moderation as part of a balanced lifestyle.

Consumers can see the latest research and learn more about high fructose corn syrup at <http://www.SweetSurprise.com>.

Audrae Erickson  
President  
Corn Refiners Association

[Reply](#)

**Judy says:**

October 27, 2009 at 9:01 pm



Audrae,

Considering you are from the Corn Refiners Association, I really don't think you are qualified to talk about HFCS in an unbiased manner.

The only thing HFCS and CS has in common with sweeteners, is just that....a sweetener. Otherwise it is a poison. It is highly processed and it very unhealthy as much as any other processed food is. Wait, I shouldn't use the term "food" and processed in a the same sentence! My bad!

HFCS is NOT natural! It may be made from corn, but that is where the "natural" stops in it! Please stop spreading these tales around!

Judy

[Reply](#)

**Carol Sloan says:**

October 28, 2009 at 1:26 am



I am a registered dietitian (RD) and I give my clients science based information that will help them make wise food choices that will ultimately help them lead healthy and productive lives. I feel my job is to provide facts based on science not trends, marketing by food companies or personal opinion. Bottom line on this issue: Consumers receive misinformation that indicates that cane sugar is healthier than high fructose corn syrup, which is simply a kind of sugar. A sugar is a sugar, whether it comes from honey, high fructose corn syrup or fruit juices and all of these sweeteners have 4 calories per gram.

Carol Sloan RD

[Reply](#)

**Judy says:**

October 28, 2009 at 12:43 pm



Carol,

I have a background in biology and chemistry. On a cellular and molecular level, HFCS, along with artificial sweeteners, are NOT the same as sugar. Now, please read my previous post and note that I did not say cane sugar was any better, but given the choice, I'd pick it any day over HFCS and artificial sweeteners.

Just do a search on High Fructose Corn Syrup. You don't even have to put in "dangers of" along with HFCS. See what you learn from that and please note which site you read on. The industry will always say it is good. Kind of like a drug dealer always says his "wares" are the best!

Judy

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