

Works well: Truwhip

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Truwhip faces tough competition against the venerable Cool Whip and traditional whipped-cream toppings. This stuff manages to be naturally healthy and taste good at the same time.

Pop open the carton that looks like Cool Whip. The aroma is fresh and very whipped creamy. All ingredients are natural and 70 percent are organic including the cane sugar. It packs 30 calories per serving (2 tablespoons) with zero cholesterol, sodium and trans fat.

By comparison, whipped cream is 154 calories and 15 percent daily allowance of cholesterol. Cool Whip is 25 calories.

Truwhip retails at \$2.39 to \$3.99 for 10 ounces (3 cups) and is available at natural-food outlets, Whole Foods and supermarkets.

