

Xyla.

Xylitol is a wood sugar that I've been using for a few years. It has many benefits. A dentist friend(1) told me that because its molecular structure(2) is different to normal sugar, plaque bacteria cannot absorb it; they try to, but they can't. Because of this, the plaque dies, and our teeth stay healthier. It might sound strange if you're unfamiliar with it. I'm impressed with it, and so I thought I would share(3) its description as it is written on the packet that I buy.

Xyla has 40% fewer calories than processed sugar, and 75% less carbohydrate(4). Xyla is a natural sweetener derived(5) from 100% North American hardwood. With many benefits, it is a popular sweetener widely(6) used in Europe, Scandinavia, and many other countries for its similarity to sugar in taste and texture. It is a low-glycemic sugar, and is safe for diabetics or anyone seeking a healthier lifestyle. It is perfect for coffee, tea, and cereal. It doesn't promote(7) cavities, and it leaves no after taste, and dissolves quickly.

1. 'A dentist friend' this is a quick way of mentioning the occupation of a friend; you simply put the job title next to the word 'friend'.

- a. An electrician friend of mine told me that our garage is electrically unsafe.
- b. A plastic surgeon friend of mine told me that he can change my nose.

2. 'Molecular structure' is a great thing to say to impress people, so let's practice the pronunciation:
mol-ec-ular struc-ture mol-ec-ular struc-ture mol-ec-ular struc-ture

3. 'To share' here has a second, less common meaning. Normally it means 'to give what you have', 'to pass out to people'. It can also mean 'to tell' or 'to open up(in conversation)'.

- a. He shared with me that he's having a lot of trouble at work.
- b. She shared some difficult secrets with me.

4. 'Carbohydrates' is often shortened to 'carbs'.

- a. They're eating a low-carb diet.
- b. These growing kids need more carbs.

5. 'Derived' means 'to come from', 'taken from', 'produced from'.

6. 'Widely used', are two words that go together. When talking about a large usage, such as state-wide, nationally, or globally, we use the word 'widely' with 'used'.

- a. Safety belts are widely used in Washington, but less so in Idaho.
- b. Organic produce is widely used in Europe.

7. 'Promote' means to 'spread', 'accelerate', 'encourage'. In this podcast it means 'to cause'.

- a. Schools are promoting the consumption of vegetables.
- b. His words will promote a disturbance.

Please send me your questions and comments to acupofenglish@hotmail.com, check out my app in iTunes called A Cup Of English, and join me on my FACEBOOK page at Anna Fromacupofenglish.