

the best LOW-CAL COCOAS



Quell chocolate cravings with a cup of low-calorie cocoa. (Just go easy on the whipped cream!) We tested these brands to see how they measured up.

NAME	CAL/FAT	COMMENTS	RATINGS
SWISS MISS No Sugar Added With Calcium and Marshmallows	(60/1 g) 30% RDA for calcium	"Simply the best," said one taster. The lone holdout felt it was just "a little bit bland."	☺☺☺
AMERICA'S CHOICE Reduced Calorie Milk Chocolate Flavor	(50/1 g) 10% RDA for calcium	"Rich" and "chocolatey," declared some tasters, but a cocoa connoisseur griped, "Way too sweet."	☺☺☺
WEIGHT WATCHERS	(70/0 g) 25% RDA for calcium	Most tasters enjoyed the "rich, strong aroma." But one complained of a "bitter aftertaste."	☺☺
NESTLÉ CARNATION No Sugar Added	(50/0.5 g fat) 15% RDA for calcium	Tasters asked, "Did you follow the instructions?" This cocoa was "watery" and tasted "like root beer that's lost its fizz."	☺

Calcium percentages are based on a 2,000 - calorie diet.