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BEST BETS? Duke women, Stanford men take top spots in new rankings, plus the NCAA women's tournament brackets. **Sports** | Pages 12-13

ENTERTAINMENT



EUROPE ON EDGE: A commuter reads an anti-terrorism poster at London's Embankment tube station on Monday, part of an awareness campaign begun following last week's train bombings in Madrid. The European Union will hold high-level security talks Friday to assess enhanced anti-terrorism measures.

Madrid Attack Reverberates

Health & Fitness

Booze 'n' Lose

TRENDS | Call it "fat-free Twizzlers syndrome." In the low-fat fever dream of the '90s, even sugar fests like licorice and gummy bears had "Fat free!" slapped on their labels.

Now the same phenom can be observed in low-carb land. Alcohol

companies are scrambling to market their naturally no-carb wares as an Atkins-friendly vice; others are reformulating their beverages to lower their carbohydrate loads. Our investigation of three new low-carb alcohol products follows. (EXPRESS)

UV Vodka



GIMMICK: Manufacturer Phillips Distilling is helping to spread the good news by marketing its vodka as zero-carb. Its line of flavored vodka (like Blue Raspberry, left) has a couple grams of carbs per serving.

COMPARE: All straight vodkas are zero-carb.

TASTES LIKE: "Low-grade vodka" (plain), "cough syrup" (raspberry, straight), "fruit punch" (mixed with Diet Sprite).

PRICE: \$11 to \$13 for 1-liter bottle. At local liquor stores.

Sky Sport

GIMMICK: Low-carb malternative with "a splash of cranberry." (160 calories, 15 grams of carbs)

COMPARE: Sky Blue (235 calories, 35 grams of carbs).

TASTES: "Better than Zima," "like



sweet beer," "like it's for novice drinkers who don't want to taste the alcohol."

PRICE: About \$8 for a six-pack. At local liquor stores.



Baja Bob

GIMMICK: Mixers add loads o' carbs to drinks, but not these Splenda-sweetened non-alcoholic blenders. Bob's pina colada mix has just 30 calories and 4 grams of carbs per 4 ounce serving.

COMPARE: T.G.I. Friday's pina colada mix (160 calories, 37 grams of carbs per 3 ounce serving).

TASTES: "Has an artificial sweetener aftertaste" (pina colada), "kinda tastes like fruit nectar" (mai tai).

PRICE: \$6 to \$7, www.bajabob.com.