



Diabetics Today Enjoy Wider Range of Foods

November is American Diabetes Awareness Month

Just a few decades ago, diabetics were simply handed a pre-printed menu listing the few foods they were allowed to eat. From then on, they were supposed to completely change their eating habits regardless of any personal food preferences or cultural traditions.



Fortunately, these days, health care professionals are working to create individual diets that take personal food preferences into account. Food producers are even helping out diabetics by creating better tasting sugar-free products – even chocolate. With the growing incidence of diabetes and other conditions requiring restricted diets, this is good news for adults and children alike who have had to forgo their favorite foods.

Chocolate intake needs to be monitored, of course. Children in particular, tend to sneak treats that may wreak havoc with their blood sugar. Diabetics should discuss an occasional planned indulgence with their health care providers.

A great-tasting treat, such as milk or dark chocolate bar from Guylian's No Sugar Added product line, offers a rich, Belgian chocolate, melt-in-your mouth indulgence – and it's virtually sugar free.

According to a leading consumer magazine, Guylian's No Sugar Added milk chocolate bar was rated in the top five of all regular, gourmet and low-sugar milk chocolate bars.

The magazine tested 37 chocolate bars of different content and ingredients. They included three “dietetic” bars, including Guylian No Sugar Added. The Guylian product was “one of the higher-rate milk chocolate bars,” the magazine reported.

By using maltitol – a sugar substitute derived from natural grains that won’t raise blood sugar or promote tooth decay – Guylian created a chocolate bar that offers the flavor, taste and texture of the finest imported Belgian chocolate. It also has no cholesterol, is low in carbohydrates, and has little or no sugar.

Guylian No Sugar Added chocolate bars are available in Milk Chocolate, Dark Chocolate, Extra Dark Chocolate (70% cocoa), and Dark Orange (dark chocolate with orange “high notes”). The milk chocolate bars are labeled “no sugar added” because of trace amounts of sugar that occur naturally in milk lactose, a primary ingredient in milk chocolate. The bars have only 2 grams net effective carbohydrates per serving. The dark chocolate No Sugar Added bars are completely sugar free, since dark chocolate contains no milk, and have less than 1 gram net effective carbohydrates per serving. All are Kosher certified by the Organized Kashrus Laboratories. The suggested retail price for each three-ounce (85 g) bar is \$2.99.

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For complete background on Guylian No Sugar Added Belgian Chocolate, click on http://www.esmiller.net/guylian_nsa/

Product samples available on request.

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