

Health Hints

Americans Are Taking Control Of Diabetes

(NAPSA)—There is good news for the approximately 17 million Americans currently living with diabetes. The healthy, low-sugar diet recommended for prevention and delay of diabetic symptoms is becoming more manageable as the food industry responds to a rising need for sugar free products.

According to the Centers for Disease Control, a diabetes epidemic is unfolding in the United States at an astounding rate of 800,000 new cases each year. While diabetes can affect anyone, the American Diabetes Association (ADA) states that the incidence of the disease tends to be much higher among certain consumer groups:

- One in seven Hispanics has diabetes
- One in ten African Americans will be diagnosed as diabetic
- Native Americans and Asian Americans have a substantially higher risk of developing diabetes than the US population as a whole
- More females than males have diabetes, with 9.1 million women (8.9 percent) currently diagnosed

With obesity on the rise, the sharp increase in diabetes is expected to continue. Studies show, however, that the high medical risks of diabetes can be controlled through maintaining a healthy lifestyle. Regular exercise can benefit diabetics by burning up glucose in the blood and converting it to energy, as well as preventing heart disease.



Exercise, plus other healthy lifestyle habits, can help people gain more control over their blood glucose levels.

In addition to regular exercise, diabetes can be managed by maintaining a healthy, low-fat and low-sugar diet. That doesn't mean that diabetics have to restrict all sweets from their diets. As a matter of fact, the sugar-free category in the chocolate industry grew 95 percent in 2002 according to AC Nielsen data for grocery, mass market, drug and convenience stores, allowing the rising number of diabetics a chance to enjoy a variety of new treats that

won't increase blood glucose levels. Since they contain calories and fat, even the amount of sugar-free treats must be carefully planned into a healthy diabetic diet.

The maker of some of America's favorite chocolate and confections, Nestlé USA, is helping lead the way for the candy industry with the introduction of new Sugar Free Nestlé® Turtles®. Nestlé offers the unmatched quality and creamy, crunchy goodness of Turtles in two sugar-free recipes—one with crunchy pecans, the other with crispy peanuts. Based on the original recipe that has been famous for more than 70 years, the sugar-free version tastes so good, connoisseurs claim, the sugar won't even be missed. Sugar Free Nestlé Turtles in both pecan and peanut varieties are in food and drug store candy aisles nationwide.

Nestlé Turtles recognizes the importance of helping diabetics enjoy life to its fullest without undue restrictions. That's why Sugar Free Nestlé Turtles is a proud sponsor of America's Walk for Diabetes, an event put on by the ADA, the nation's leading nonprofit health organization providing diabetes research, information and advocacy. Nestlé Turtles and the ADA share a common goal of helping to improve the lives of all people living with diabetes.

To learn more about diabetes, visit the ADA's Web site at www.diabetes.org. To find out more about the different varieties of Nestlé Turtles, log onto www.nestleusa.com.