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Low Glycemic Diet Works Better Than Low-fat Diet - New Study Reveals

Low glycemic diets, which stabilize blood sugar after eating, are more effective than low-fat diets in people who secrete large amounts of insulin, reports a new study in JAMA (16.05.07). Saul Katz, President and CEO of Solo GI Nutrition Inc said, "Until recently adoption of a low GI/GL diet has been limited in part, due to the scientific nature of the GI". SoLo GI Nutrition, the low glycemic diet company, was established to offer low GI/GL food solutions to help address the growing epidemics that comprise "Diabesity". The award winning and patent-pending SoLo Gi® Bars are clinically validated as very low GI, and make it easy for people to follow a low GI diet without having to do the math.

Edmonton, AB, Canada – June 15, 2007. Until now, there has been debate in the scientific community regarding the most effective diet (low glycemic index, low fat or low carb) for weight loss. However, low GI is gaining greater momentum after a recent study, involving 73 obese adults, aged between 18 to 35 years, at the Children's Hospital Boston, showed greater weight loss among participants who followed a low glycemic load (GL) diet over a low fat diet. After 18 months on a low GL diet, high insulin secretors lost five times more weight (12.8 lbs/5.8kg) compared to the high insulin secretors who followed a low fat diet (2.6 lbs/1.2kg). Those on the low GL diet also had significantly greater decreases in body-fat percentage (-2.6% vs. -0.9%) and did not regain weight between 6 to 18 months – a time when regain virtually always occurs. The results suggest that dieters who have struggled to lose weight in the past may be able to overcome the diet challenge with a simple oral glucose tolerance blood test and a low GL diet based on low GI carbohydrate food choices.

The study, published in the Journal of the American Medical Association (JAMA) May 16, 2007, also reported that all participants who followed a low GL diet (regardless of insulin secretion), showed beneficial effects on HDL (good) cholesterol and triglyceride concentrations, known risk factors for diseases including metabolic syndrome, type 2 diabetes and cardiovascular disease.

"People who make a lot of insulin may do especially well on diets that reduce glycemic load", says Dr. David Ludwig, MD, PhD, the study's senior investigator and Director of the Optimal Weight for Life clinic at Children's Hospital Boston. "They tend to do very poorly on low-fat diets, which are generally high in carbohydrates and raise insulin levels even further, which in turn cause weight gain.

The Glycemic Index (GI) measures the physiological impact of a carbohydrate-containing food on blood sugar, compared to glucose (ranked at 100), replacing the current notion of simple or complex carbohydrates. For weight management, sustained energy and chronic disease prevention, the slower and lower the impact the better. Diets with a high glycemic load result in higher post-prandial (after meal) insulin response which can lead to food cravings, overeating and increased fat storage. A high GI diet is also linked over the long term

with the development of Insulin Resistance – a key risk factor in the development of type 2 diabetes and obesity.

SoLo Gi[®] Raising the Bar in the Food Industry

“Until recently adoption of a low GI/GL diet has been limited in part, by the complexity to calculate the GI and GL of a mixed meal, snack or food”, states Saul Katz, President and CEO of Solo GI Nutrition Inc. “Most nutrition bars and processed snacks are high GI, because the ingredients are predigested during their processing and metabolize quickly after ingestion, causing a rapid rise in blood sugar and corresponding flood of insulin into the blood stream. SoLo Gi[®] Low Glycemic Nutrition & Snack Bars were designed to be a healthy alternative to high GI snacks, making it easy to follow a low GI/GL diet, without having to do the math. SoLo GI Nutrition was established to offer low GI/GL food solutions to help address the growing epidemics that comprise “Diabesity”. The award winning and patent-pending SoLo Gi[®] Bars are clinically validated as very low GI (22-29) by GI Laboratories Inc. of Toronto, Canada, inventors of the Glycemic Index. SoLo Gi[®] Bars are involved in five major independent clinical trials, including new studies at the Children’s Hospital Boston (with Harvard Medical School) and Children’s Hospital Oakland Research Institute. Studies are investigating the effect of a low glycemic diet in relation to: a) type 1 and type 2 diabetic youth; b) promoting healthy birth weight and preventing gestational diabetes; c) energy attenuation for endurance exercise, and d) the link between obesity and certain forms of cancer.

“The SoLo Gi[®] bars were chosen because of their clinically validated low GI and GL values, balanced macronutrient profile, great taste, convenience as a snack food, and the delicious variety of flavors.”

Janet King, Principal Investigator, Children’s Hospital Oakland Research Institute

SoLo Gi[®] Low Glycemic Bars are all natural, available in 5 delicious flavors and formulated with a unique combination of slow release carbohydrate, dietary fats, high protein and a good source of fiber (without trans fats, artificial sweeteners or sugar alcohols) to support optimal health and weight management. SoLo Gi[®] Bars are available at Whole Foods Market nationally and other quality natural and health food stores. Low GI is becoming a blockbuster food trend, with explosive annual sales growth of 45% to reach \$1.8 billion by 2011, according to a recent study by Packaged Facts.

“This study clarifies why reducing fat intake does not always produce weight loss,” according to Johanna Burani MS, RD, CDE registered dietitian and author of Good Carbs, Bad Carbs. “Armed with an oral glucose tolerance test, I can now customize my patients’ meal plans based on their levels of insulin secretion. For those who produce a lot of insulin, a combination of a low GI/GL meal plan and low GI between meal snacks, such as the SoLo Gi[®] Low Glycemic Nutrition Bar, is likely to benefit many who seek permanent weight loss and general good health.”

The scientific insights gained from this study, on the effect of a low GL diet on high insulin secretors, enable health professionals and dieters to employ the low GI/GL diet to maximum advantage, and further establish low GI/GL as the more sensible and sustainable approach compared to low carb or low fat diets, for life.

For more information on the captioned study, low GI/GL and to learn more about or purchase SoLo Gi[®] Bars visit www.solo-gi.com or email info@solo-gi.com.

SoLo Gi[®] is a trade mark of Solo GI Nutrition Inc. of Edmonton, Canada; "The Low Glycemic Diet Company", offering healthy low glycemic food solutions for blood sugar control, weight management and healthy living.