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(54) **DIABETIC NUTRITIONALS AND METHOD OF USING**

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(58) **Field of Search** 426/72, 74, 2, 426/800, 810, 808, 548, 661, 103; 424/439; 514/60, 866

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(57) **ABSTRACT**

The present invention is directed to solid matrix nutritionals designed for the person with diabetes. The carbohydrate system of this invention utilizes a source of fructose in combination with at least one nonabsorbent carbohydrate to achieve the same effect of prior art complex multi-component carbohydrate systems. This carbohydrate system has the added benefits of tasting good and can be incorporated into solid matrix nutritionals. The solid matrix nutritionals may also include a source of dietary fiber and a source of indigestible oligosaccharides. The solid matrix nutritionals may be administered to a diabetic in the form of cereal, bread, cookies, muffins, bagels, biscuits, crackers and bars. Particularly, the present invention is directed to a nutritional bar designed for the person with diabetes which incorporates the carbohydrate system. The present invention is also directed to a method of delivering nutrients to a person with diabetes by feeding the solid matrix nutritionals which incorporates the carbohydrate system.

19 Claims, No Drawings