
diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Demon - 2008/11/17 08:26

I have started up a new internet shop which is primarily aimed at Low Carb dieters, but it also has a 'sugar/aspartame free section'. A lot of the labels specify that the foods are suitable for diabetics, so I am wondering if I should expand the 'suitable for diabetics' range to cater for this particular market. Can you tell me what kinds of foods you would normally buy online? Are there any foods which you have difficulty getting from regular shops? Would you be interested in buying ketostix online? Obviously if regular supermarkets cater fully for your needs then there is no point in me expanding my range (which currently includes cookies, sweets and belgian chocolates). These questions only apply to the UK, as that is my target audience. If the 'low carb' products are anything to go by, then the availability of products will vary quite drastically between the US/UK. Thanks. Joe. (www.lowcarbgoodies.co.uk)

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Peanutjake - 2008/11/17 08:26

dieters, but it also has a 'sugar/aspartame free section'. I would not buy anything on line unless it was cheaper than the local stores. PJ

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Al Hardy - 2008/11/17 08:26

Joe. (www.lowmentalitygoollies.co.uk)

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Sleepyman - 2008/11/17 08:26

I have started up a new internet shop Looks to me, that you are selling nothing but SPAM. SM =====
COWBOY UP! =====

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Demon - 2008/11/17 08:26

****Diabetic**** foods?? HaHaaHaa! No such damned thing exists. I said food 'suitable for diabetics' if you managed to read past the title. But I get the hint from the other posts that the diabetic market is adequately covered by regular shops. Thanks, for your time.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Al Hardy - 2008/11/17 08:26

Al Hardy <a.har...@ntlworld.com wrote Food online?? HaHaaHaa! This is a joke, isn't it? Tesco's sell food online, what's so funny about that? ****Diabetic**** foods?? HaHaaHaa! No such damned thing exists. I said food 'suitable for diabetics' if you managed to read past the title. O my, the dirty spammer gets smart-arsed as well. What exactly is suitable about cookies and Belgian chocolate you ignoramus? Take your dirty spamming mentality away from us. This is NOT a commercial site. Al.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Philip Martin - 2008/11/17 08:26

But I get the hint from the other posts that the diabetic market is adequately covered by regular shops. Thanks, for your time. Sticky buns, cream cake and chocolate fudge can all form part of a diabetics diet! Now what would be clever is to sell these items with a vial of pre-determined 'generic' insulin to cover a diabetic eating them. Now maybe as the insulin is a prescription item, we could then get the afore mentioned items via the NHS on prescription:o) Over all, a sad lack of market research before blundering in with stupid questions:o)

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Angus Nisbet - 2008/11/17 08:26

Your stupidity exceeds your ignorance. How would you know what is suitable and what is not? The fact is you don't know do you? Otherwise you wouldn't have posted that filth. But I get the hint from the other posts that the diabetic market is adequately covered by regular shops. Thanks, for your time. Fuckwit. Tell you what sunshine - if this is a sample of your business planning strategy then I for one hope you fail.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Demon - 2008/11/17 08:26

Your stupidity exceeds your ignorance. How would you know what is suitable and what is not? The fact is you don't know do you? Otherwise you wouldn't have posted that filth. Tell you what sunshine - if this is a sample of your business planning strategy then I for one hope you fail. my business planning was done around the low carb market, and is sound. I merely noticed that a lot of the foods I carry have 'suitable for diabetics' stamped on the front of the packaging. Therefore I wondered if there was a potential for expanding my customer base. As you point out I have no clue about diabetic diet, so where better to find out more than a diabetic newgroup? or maybe not.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Martin Thompson - 2008/11/17 08:26

my business planning was done around the low carb market, and is sound. I merely noticed that a lot of the foods I carry have 'suitable for diabetics' stamped on the front of the packaging. Therefore I wondered if there was a potential for expanding my customer base. As you point out I have no clue about diabetic diet, so where better to find out more than a diabetic newgroup? or maybe not. I didn't see anything offensive about your post, FWIW. Some people may be a little quick off the mark to brand people as spammers, perhaps, as there are a few too many kooks around these days with their tiresome axes to grind. Your idea sounds like a good one to me, and I don't see the harm in learning anything that could increase my dietary options. Guys... please relax that hair-trigger just a tad! Thanks. ;-) A lot of diabetics find that low-carb foods help them control their blood glucose levels, so a new source of them can't hurt, it seems to me. The things I personally find hard to find are low-carb snacks other than nuts, and sugar/artificial sweetener-free drinks. Ready meals can be a problem too - I am well fed up with Tesco's various versions of chicken (madras, biryani, balti, dopiazza, chinese, etc., etc.). I would like to see various different meats, plus veg, but no starchy rice or potatoes wasting space on the dish, thank you.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Julie Bove - 2008/11/17 08:26

potential for expanding my customer base. As you point out I have no clue about diabetic diet, so where better to find out more than a diabetic newgroup? or maybe not. The phrase Suitable for diabetics means nothing! We can eat anything. It's all a matter of portion size. All that phrase does is hook well meaning friends and relatives into buying some weird food for us that probably contains sugar alcohols or some other odd thing that we'd rather not eat. The people who market such foods prey on people who don't know any better. I'm sure most of us diabetics fell for such a thing when we were newly diagnosed and didn't know any better. But all it takes is one experience with a sugar alcohol (laxative) or some food that gives us high BG and we start seeking some answers.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Eric Jarvis - 2008/11/17 08:26

Demon <x...@x.x wrote in message <snip my business planning was done around the low carb market, and is sound. I merely noticed that a lot of the foods I carry have 'suitable for diabetics' stamped on the front of the packaging. Therefore I wondered if there was a potential for expanding my customer base. As you point out I have no clue about diabetic diet, so where better to find out more than a diabetic newgroup? or maybe not. The phrase Suitable for diabetics means nothing! We can eat anything. It's all a matter of portion size. All that phrase does is hook well meaning friends and relatives into buying some weird food for us that probably contains sugar alcohols or some other odd thing that we'd rather not eat. The people who market such foods prey on people who don't know any better. I'm sure most of us diabetics fell for such a thing when we were newly diagnosed and didn't know any better. But all it takes is one experience with a sugar alcohol (laxative) or some food that gives us high BG and we start seeking some answers. there is also a huge difference between the diet of a type 2 on diet and exercise and a type 1 on insulin...or even between different types of insulin there is no one size fits all diabetic diet however there is a potential business opportunity if you are prepared to put the work in to understand some of the various things we require...being able to shop on a site that would rank various products by the amount of sugar/carbs/fibre etc would be superb...or by the proportion of saturated to unsaturated fats...best of all would be if you could list products according to their GI it's not so much that we eat different foods from anyone else, we don't...but there is a difference in the way we select what we eat...and a shopping site that catered for that might be worth using...it may also have a spin off of also being useful for bodybuilders, athletes and even slimmers

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Pete - 2008/11/17 08:26

my business planning was done around the low carb market, and is sound. I merely noticed that a lot of the foods I carry have 'suitable for diabetics' stamped on the front of the packaging. Therefore I wondered if there was a potential for expanding my customer base. As you point out I have no clue about diabetic diet, so where better to find out more than a diabetic newgroup? or maybe not. Ok, fair enough, I was a bit sharp of the mark perhaps but there are so many trying to flog something over the net and via e-mail that after while it pisses you off. Tip for you.....every package with 'Suitable for Diabetics' printed on it.....ditch. For the following reasons: 1] They are not specifically suitable and therefore the labeling is misleading. Unless they can conclusively show that the product contained is suitable then it is tantamount to false advertising under the trade descriptions act. You'd be wise to stay clear. 2] All products that carry a niche market targeting system, are more expensive for you to buy and therefore more cost to the purchaser. It is highly unlikely that you will be successful in getting rid of a significant stock of these items. Comment - you aim for the low carb 'market' well I for one would not be interested and for a good reason. Take a walk into Tesco's then and see what Low Carb products they offer. I'll tell you.....nothing. Nothing with a damn. They advertise Organic crap at a price hike and other products under the banner 'Slimmers' or some other descriptive crap. In my local Tesco's they carry only the following low carb products and by low carb I mean significantly low, not just 0.45g per 150g serving. 2 x type of bread 3 x various boxes of crackers and that matey is it!!!! The rest of my food purchase is the same stuff anyone would buy, loads of veg etc. So what can you offer me that cannot be bought from around the corner at my local shopping center already?? Pete

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Martin Thompson - 2008/11/17 08:26

2 x type of bread 3 x various boxes of crackers and that matey is it!!!! The rest of my food purchase is the same stuff anyone would buy, loads of veg etc. Hmm... my Tesco's does a little better: I had some salmon/cheddar/breadcrumb thing from their Finest range, 15g carbs for the entire meal, if you add nothing to it - you should probably add some veg, though. In their lunchtime sandwiches-fridge, they do a chicken Caesar salad that is low enough, and a roast chicken salad that is low even though it contains pasta - it must be low carb pasta. They are not advertised as low carb, but they are. They do one lowish carb pasta in the ethnic section: 8.6g per 100g, IIRC (all other pastas are close to 10x that much). But I don't tempt myself by eating it all that often. For me, their breads and crackers are not low enough, and I prefer to simply do without than to tempt myself unnecessarily by eating that sort of thing (same as for the pasta). Of course, there is all the meat and chicken. Some of the microwave chicken curries are low enough, if you

don't mind the awful taste. They also do some microwave roast dinners which are low enough if you ditch the potatoes - but then the meals are a bit on the small side.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Peter C - 2008/11/17 08:26

The things I personally find hard to find are low-carb snacks other than nuts, pepperami

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Eric Jarvis - 2008/11/17 08:26

Martin Thompson <b...@tucana.demon.co.uk wrote in message The things I personally find hard to find are low-carb snacks other than nuts, pepperami oatcakes Ryvita dark rye crispbread is relatively good too, and pretty easy to find

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Bob - 2008/11/17 08:26

however there is a potential business opportunity if you are prepared to put the work in to understand some of the various things we require...being able to shop on a site that would rank various products by the amount of sugar/carbs/fibre etc would be superb... or by the proportion of saturated to unsaturated fats...best of all would be if you could list products according to their GI Now that's a good idea. I would be interested in buying from an ordered carb content list. Not only us diabetics but probably slimmers as well. Hang on . . . Let me just ring my lawyer . . .

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Pete - 2008/11/17 08:26

Of course, there is all the meat and chicken. Some of the microwave chicken curries are low enough, if you don't mind the awful taste. They also do some microwave roast dinners which are low enough if you ditch the potatoes - but then the meals are a bit on the small side. I avoid all ready made meals/ ready cooked foods. I like to be able to identify what i am about to eat. <VBG Pete

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Pete - 2008/11/17 08:26

Martin Thompson <b...@tucana.demon.co.uk wrote in message The things I personally find hard to find are low-carb snacks other than nuts, pepperami Its an animal!! Pete

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Martin Thompson - 2008/11/17 08:26

oatcakes Ryvita dark rye crispbread is relatively good too, and pretty easy to find Hmm... I suppose I can spread some of that cholesterol-reducing Benecol on it too...

diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Pete - 2008/11/17 08:26

however there is a potential business opportunity if you are prepared to put the work in to understand some of the various things we require...being able to shop on a site that would rank various products by the amount of sugar/carbs/fibre etc would be superb... or by the proportion of saturated to unsaturated fats...best of all would be if you could list products according to their GI Now that's a good idea. I would be interested in buying from an ordered carb content list. Not only us diabetics but probably slimmers as well. Hang on . . . Let me just ring my lawyer . . . lets face it ... everyone is entitled to an informed choice. If the consumer refused to purchase anything that did not clearly state in non confusig terms the information we require, then things would be as we want. Because so many people - the majority - do not give a shit, the manufaturers/producers do as they pretty much wish within the regulations. What we now have is the horse riding in the cart!!! Pete

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Eric Jarvis - 2008/11/17 08:26

Martin Thompson <b...@tucana.demon.co.uk wrote in message The things I personally find hard to find are low-carb snacks other than nuts, pepperami Its an animal!! but they won't tell you which bit

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Ozlover - 2008/11/17 08:26

In my local Tesco's they carry only the following low carb products and by low carb I mean significantly low, not just 0.45g per 150g serving. 2 x type of bread 3 x various boxes of crackers I assume that (0.45g) is a typo . What did you mean? 45g per 150g serving? FWIW, *I* consider 'low carb' what *is* low carb, not what is *labeled as* low carb. Of course 'low carb' is relative and depends on the type of food/drink. I.e. for a fruit juice 4% (4g/100g) would be low, while for a cookie, 40% could be low(ish). I mostly look at foods/drinks per group and then try the ones with a relatively low carb content. That way, you can often see differences of a factor 2 to 5, and sometimes even more. 0.45g per 150g is 'no' carb, i.e. most diet drinks have more than that.

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Pete - 2008/11/17 08:26

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diabetic foods What Diabetic foods do you order online? (UK only)

Posted by Ozlover - 2008/11/17 08:26

What i am trying to say - albeit badly - is that the labeling is crap. For example: take one standard tin of Heinz Baked Beans Quote Carbohydrate Amount per 100g =13.1g it then goes on to say Amount per serving 27.1g The tin contents are 415g. Now why dont they just bloody well say 54.365 per tin? They do this with everything and its a damn pain when you get to things like bread or crackers of some kind. Well, personally I find the grams per 100 gram (sometimes grams per 100 milliliter), the best method. After all, what the heck is a 'serving'? I thought that *I* determined how much I eat, not some institute which defines a 'serving'. Similarly, who cares how many grams are in the total can? Am I obliged to eat the whole can? Is 415 gram supposed to be some kind of a standard measure? Etc. All in all, grams are an international standard, and grams per 100 gram gives a percentage, which also makes reasonable sense. OTOH, for very light (in weighth) foods, grams per 100 gram make little sense. For example if you

see the grams (of carbs) per 100 gram in some artificial sweeteners, you would never touch the stuff (if you didn't realize that one 'serving' weighs almost nothing). Just my EUR 0.02.

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