

# Not just quality...but healthy products

We are sure that as part of your New Year resolution that you have included a "stick to it exercise program" as well as a "stick to-it diet plan". At ECGC, our concern goes beyond making available to you, products of the highest quality; we are also committed to providing you with products that contribute to your overall well being.

Our Nutritional plate consists of Easy Bake Whole-Wheat flour which is enriched with Vitamins and also contains Folic Acid. Then, there is our Natural Diamond Brown Rice which is high in fibre. And now of course we have added Bottled Natural Spring Water to our healthy

line of products which not only replenishes the soul, but also re-hydrates the body.

So, you may ask, how can these three products contribute to my well being? Both products contain fibre which research has shown may help protect against a variety of cancers. Additionally, fibre, particularly insoluble fibre, is linked with the prevention of chronic constipation.

Again, whole grain foods appear to influence carbohydrate metabolism and studies suggest that consuming whole grain foods may reduce the risk of developing type diabetes.

And great news for the heart, studies also show that

antioxidants contained in whole grains may work to reduce overall risk for heart disease mortality in both men and women. And our Carib Pearl Natural Spring Water not only replenishes the soul it is now the preferred choice of all sporting enthusiasts throughout St. Vincent and the Grenadines and the rest of the Caribbean.

So what are you waiting for? The next time you visit your favorite supermarket and pick up your health products, make sure that Easy Bake Whole Wheat Flour and Natural Diamond Brown Rice are found in you basket.

