KDD, KFAS, DDI pioneer no-added-sugar ice cream for improved metabolic health

KUWAIT CITY, June 12: A groundbreaking collaboration between KDD, the Kuwait Foundation for the Advancement of Science (KFAS), and the Dasman Diabetes Institute (DDI) has resulted in the development of a new no-added-sugar chocolate ice cream product aimed at improving metabolic health and nutrition.

Several well-known dignitaries, senior officials from various sectors, and the general public were invited to a symposium hosted by KFAS at DDI on June 12, 2024, from 10 am to 2 pm, where the science and collaboration behind this innovative product was unveiled.

With over 20 percent of Kuwaitis affected by diabetes mellitus and a significant portion suffering from metabolic diseases and chronic health conditions, the need for healthier food options is paramount.

The initiative by KDD to create products catering to metabolic health, including improved insulin response, represents a significant leap in its innovation strategy of reducing or eliminating added sugars.

The research conducted by KDD in collaboration with DDI involved a double-blind randomized cross-over clinical trial, comparing the metabolic effects of the no-added-sugar ice cream to conventional varieties with added sugar.

The results demonstrated significantly lower blood glucose and insulin responses in patients with diabetes, highlighting the potential health benefits of the new product.

This ice cream innovation is the first in a series of ‘Good for Me’ products developed based on the Metabolic Matrix, a science-based framework focussed on the 3 pillars of protect the liver, feed the gut and support the brain. The Metabolic Matrix has gained global recognition and was featured in a peer-reviewed methods paper.

By the end of June 2024, KDD's no-added-sugar ice cream will be available in chocolate, vanilla, and strawberry flavors at major co-operatives, hypermarkets, and KDD outlets, offering consumers a delicious and nutritious treat aligned with their health goals.