



Thanks to Jamie Faitelson, a.k.a. Chef Hymie Grandé, diabetics now can choose from a trio of barbecue sauces with no high fructose corn syrup or processed sugars. The sauces are vegan friendly and all natural. It is also the first BBQ sauce to carry the American Diabetes Association mark on the bottle’s label, meaning it meets the ADA specifications. Chef Hymie Grandé also donates a portion of the proceeds from every bottle sold to the American Diabetes Association. “Chef Hymie Grandé sauces are a unique blend of everything you would want in a barbecue sauce or rub. They taste great, but don’t have all the processed sugar or high fructose corn syrup that nutritionists everywhere are in agreement is so bad for you, says Faitelson. He adds, “We use agave syrup as a natural sweetener—although it is much more expensive—but isn’t a healthier sauce with great taste worth it?”

You can order the barbecue sauce online [here](#) . If you live near New Jersey, the website has a list of stores that carry the sauces as well.