



Gourmet Living Releases New Information About The Nutrition And Benefits Of Balsamic Vinegar

June 30, 2015

June 30, 2015 - PRESSADVANTAGE -

Gourmet Living, of Greenwich, CT, have recently released an internal report presenting their studies on the nutritional benefits of Balsamic vinegar. The reports comes shortly after Gourmet Living has released their authentic balsamic vinegar, which to a full year of research to perfect and meets the standards of the IGP Italian authorities, as well as those of the European Union. To encourage more people to try the vinegar for themselves, Gourmet Living is drawing attention to the various nutritional benefits of the product as found in their report.

"Balsamic vinegar, or at least truly authentic one like ours, has many health benefits that not a lot of people are aware of", says Richard May from Gourmet Living. "Most of us use the vinegar to enhance the flavors of various dishes we consume, while unknowingly benefiting our overall health. We want to draw a bit more attention to this wonderful product and why it should be included in everyone's diet."

Various pieces of additional research are currently being conducted into the health benefits of balsamic vinegar. The USDA have stated that it is very low in calories and that its glycemic index makes it perfect for people with diabetes. However, it is believed that there is far more to it than that. The vinegar is also full on

antioxidants, and it is a known fact that antioxidants fight free radical damage in the body, thereby preventing serious conditions such as heart disease and cancer.

Gourmet Living also wants to draw people's attention the fact that the Mediterranean diet is believed to be the healthiest diet in the world. When this was first announced, it came as a surprise to many people, as Mediterranean people use many different oils in their diet, and experts have been telling us for years that oily things are bad for us. The difference is that this diet includes many of the healthy oils, which is what makes it so good for you.

"Incidences of cancer, heart disease, obesity, diabetes and more are well below average in Mediterranean countries", adds Richard May. "This is believed to be because of how these people eat - small and frequent meals - and what they eat. What they eat is a lot of completely natural products made from high quality ingredients, such as our balsamic vinegar of Modena."

People are encouraged to see Nutrition Facts on the Gourmet Living website. This shows, for instance, that a teaspoon of balsamic vinegar contains just five calories, nine times less than that contained in olive oil. Furthermore, it highlights the positive effects the substance has on cholesterol, blood pressure and blood sugar. While a lot of research still has to be completed in terms of just how balsamic vinegar affects people so positively, it is clear that the benefits are there and scientists are excited about discovering more.

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For more information about Gourmet Living, contact the company here:Gourmet LivingSheila May203-629-1530spmay@gourmetliving.org20 Church Street, B-61Greenwich, CT 06830U.S.A.

Gourmet Living

Gourmet Living sources premium gourmet foods from around the world to market to the public under its own brand name. Gourmet Living focuses exclusively on balsamic vinegar of Modena, olive oil, sea salts and natural sugar products.

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