INTRODUCTION

Diabetes have been known since few centuries. In the seventeenth century the English physician, Willis, discovered the presence of a sweet sticky substance in the urine of diabetics. Only in the last sixty years the real nature of the disease became known. Now it is known that diabetes is dependent on some disorder of the pancreas or "sweetbread". This pancreatic disorder profoundly affects all the tissue processes of the body and all the chemical interchanges that take place in the body cells, since it deals with the metabolism of the various food stuffs necessary to the tissues existence (Lawrence, 1965).

The Egyptians consume appreciable amounts of carbohydrates, which represent more than 70% of their total caloric intake, (Anon, 1968).

With the growing controversy over sucrose-related health problems, and the increasing uncertainty over the safety of artificial sweeteners many of the so-called "rare food sugars" are now finding increasing food applications in the sugars confectionery industry, particularly in designed products e.g. noncarcinogenic and diabetic products. Greater awareness is therefore being generated of

the wider spectrum of bulk carbohydrate sweeteners at the disposal of the manufacture (Wiggall, 1981).

In Egypt unofficial surveys show that there are about 5 million diabetics (adults, youth & children).

Therefore, it was felt necessary to formulate some special diabetic diets such as dried apricot sheets "Quamar Eldin " and "halwa tahinia" with the permitted sweetening agents for those people to satisfy a part of their food habits without affecting their health. This study was carried out mainly to formulate some of these dried apricot sheets and "halwa tahinia", and to follow the changes in their quality and composition during processing and storage.