

WELLINGTON

Food4Health

prevent – diabetes

He Oranga Kai



Find out more about our study & pre diabetes and view our study videos at
otago.ac.nz/food4health

Many New Zealanders have levels of sugars in their blood that are higher than normal but they don't have diabetes. This is sometimes called "pre diabetes".

If this applies to you, we invite you to join our exciting research study.

We want to see if taking probiotics (helpful bacteria like in yoghurt) and special cereals can help

- your body process sugar better
- improve your health and help you to stay well

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