

Act now to live well



choose
water



regular
activity



whole
grains*



whole
fruit &
veg

Prevent and manage type 2 diabetes

*whole oats, wholegrain bread, brown rice, barley,
and wholegrain pasta or other wholegrain products



diabetes
new zealand



Otago Southland
Diabetes Research
Trust



EDGAR DIABETES &
OBESITY RESEARCH
A UNIVERSITY OF OTAGO RESEARCH CENTRE