

Who can be involved?

You must

- ✓ Live in the Wellington region, (including Hutt & Porirua regions)
- ✓ Be enrolled with a primary Health Care provider (GP or Māori /Pacific health provider)
- ✓ Have blood sugars that are slightly higher than normal (this is called pre-diabetes)
To find out if this may apply to you, see our website

You must not

- ✗ Already have diabetes
- ✗ Be pregnant or breastfeeding

Got questions or want to enrol?

View our study video and find out more about the study at
otago.ac.nz/food4health

Fill in the online form and we will contact you.
No internet? [ph/text 021 food 4U](tel:021366348)
[021 3663 48](tel:021366348)

Contact us

This study is conducted by an experienced team of health and research professionals at the University of Otago and Capital and Coast DHB, including Associate Professor Jeremy Krebs (diabetes specialist), Professor Julian Crane (experienced in conducting probiotic research) and the Food 4 Health team.



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Food4Health

prevent = diabetes

He Oranga Kai



What is the study about?

Many New Zealanders have levels of sugars in their blood that are a little high.

Helping your body process sugar better could **help you to stay well** and prevent health problems, such as diabetes.

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

- Prevent diabetes
- Improve sugar and fat (lipids) in the blood
- Reduce weight
- Reduce blood pressure
- Improve emotional wellbeing

What does it involve?

- Four study visits over 1 year
- First 6 months
 - Taking a study capsule (either a probiotic or dummy capsule) every day
 - Eating an oat or corn based cereal every day
 - Cereals can be taken any way you choose (eg eaten hot or cold, as a smoothie) and eaten any time of the day or night
- Then 6 months follow-up

Benefits of taking part

- The levels of sugar in your blood may improve
- You will be helping with important research that helps us learn how to help people stay well
- You will receive 6 months' supply of cereal provided free
- If you need to travel for visits, we will help cover your costs

Food4Health: prevent diabetes

How does it work?

Research suggests that taking probiotics and eating special cereals may help to improve your health

