



University of
South Australia



FREE admission



Successful Ageing Seminar

The role of nutrition in preventing and managing diabetes

Nutrition management is fundamental for the prevention of Type 2 diabetes and the effective management of both Type 1 and Type 2 diabetes.

This seminar will provide information about nutritional research underway at the University of South Australia that could help people reduce their risk of contracting diabetes and improve the quality of life for those who already have the condition.

Professor Jonathan Buckley will consider the long and short-term health effects of low carbohydrate diets. Professor Buckley is Director of the Nutritional Physiology Research Centre at the University of South Australia, one of Australia's

leading research centres evaluating the health effects of diet and physical activity. His research interests focus on the effects of diet and exercise on health and physical function in people ranging from patient groups to elite athletes.

Professor Buckley will be followed by **Dr Alison Coates** who will discuss the relationship between unsaturated fats (with a focus on nuts) and diabetes management. Dr Coates is the Deputy Director of the Nutritional Physiology Research Centre. As a nutritional scientist, she is interested in how compounds from food can reduce risk factors for conditions such as obesity, cardiovascular disease and diabetes.

Date: Thursday 26 September 2013

Time: 2pm – 4pm

Venue: Lecture Theatre BH2-09
Barbara Hanrahan Building
(Ground Floor)
City West campus
North Terrace, Adelaide

Registration essential

Phone: **8302 0160**

OR

Email: **giving@unisa.edu.au**

Afternoon tea will be served

www.unisa.edu.au/giving

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The role of nutrition in preventing and managing diabetes

The presenters:

Professor Jonathan Buckley
Director: Nutritional Physiology Research Centre
Sansom Institute for Health Research
University of South Australia

Dr Alison Coates
Senior Lecturer: Human Nutrition and Physiology
Deputy Director: Nutritional Physiology Research Centre
Sansom Institute for Health Research
University of South Australia



If you would like to receive email notification of future seminars, update your details or be removed from the Successful Ageing Seminar mailing list please complete the form at www.unisa.edu.au/giving/update or phone 8302 2752.

UniSA's Successful Ageing Seminar series consists of special presentations on topical issues relevant to Alumni and the community. The seminars, delivered by UniSA academic staff and allied professionals, provide access to the latest information and research on a range of health and lifestyle issues.

Information on past seminars is available at www.unisa.edu.au/giving/news/successfulageing