The effect of Dairy on Insulin Sensitivity

Are you overweight? Worried about developing Type II Diabetes? We would like to hear from you!

Researchers at the University of Adelaide are attempting to find out if increasing dairy in a person’s diet will affect their risk of developing Type II diabetes by measuring insulin sensitivity. We will be achieving this by having participants eat more dairy in their diets for four weeks, and less dairy for four additional weeks, and have their insulin and blood sugar levels tested at the end of the diets. We are looking for overweight individuals who *do not* yet have type II diabetes. An honorarium will be offered for your participation. Multiple blood samples will be obtained from a needle in the arm over two test days to measure blood glucose and insulin levels.

University of Adelaide ethics approval number: H-2014-112

Please contact the Sansom Institute, Mr. Jordan Peters or Prof. Peter Clifton

The Dairy Study: 8302 1365 or 8222 5073 or 0403 197 998

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