Effect of millet based muffins consumption on glycaemic, insulinemic response and gastric emptying in pre-diabetic adults

We are looking for pre-diabetic volunteers aged between 18 and 65 years

According to NHS in the UK if you have one or more of the following risk factors you might be at risk for developing type 2 diabetes and you should be tested for prediabetes:

- Adults who have been diagnosed with prediabetes.
- Fasting blood glucose 6.1-6.9 mmol/l or/and an Oral glucose tolerance test (OGTT) at 2 hours 7.8 to 11.0 mmol/l.
- Women with polycystic ovarian syndrome
- Age – being over the age of 40
- Genetics – having a close relative with the condition, such as a parent, brother or sister
- Weight – being overweight or obese (BMI ≥ 25 kg/m2)
- Ethnicity – being of south Asian, Chinese, African-Caribbean or black African origin, even if you were born in the UK

You will need to come for a screening visit to measure your body weight and height, blood pressure and fasting blood glucose in the Functional Food Centre.

Note: Oral glucose tolerance test is required if your fasting blood glucose level is normal.

The study will involve 2 visits (or 3 visits for oral glucose tolerance test for 2h), each visit lasting up to 4 hours.

In each visit:
- You will need to fast overnight.
- You will need to be prepared to have a minimum of 10 small finger pricks on each occasion
- You will need to consume control muffin (wheat) and one test muffin (millet).
- We will need to collect breath samples every 15 minutes for 4 hours for measurement of gastric emptying to know about digestion process.

You will receive (£50) Amazon voucher after you finish the study

Ameerah Almaski - PhD Research Study - January 2017 to May 2018

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