Centre for Transformative Nutrition and Health

# **SERVICES OFFERED**

### 1 Measure Glycaemic Index

This test is to represent the relative quality of carbohydrate containing food based on how slowly or quickly they are digested and increase blood glucose levels.

### 2 Research on Glycaemic Response and Variability

Evaluation studies to determine postprandial glycaemic response of meals/foods on metabolic parameters such as post-meal glucose, insulin response, satiety and other metabolic parameters

# 3 Clinical Trials

Clinical trials on dietary interventions for the prevention and management of diet related diseases and to improve health in adults and children.

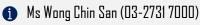
## 4 Micronutrient and Functional Food Studies

Studies related to micronutrient deficiencies and dietary/lifestyle behaviours to promote health, prevent and manage diseases

## 5 Internship Opportunities

Learning internship opportunities for undergraduate and postgraduate students

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