related end-points will be investigated. Interactions with habitual stress, sleeping pattern, behavioral, environmental, cultural, and socioeconomic variables are also being studied.
The intervention starts with an 8-week weight loss phase on a low-calorie diet, LCD (Cambridge Weight Plan) followed by randomization to a 146-weeks weight maintenance phase in the 4 intervention arms.
**Results:** Between Jun 2013 and February 2015, ~15,500 adults have been pre-screened; ~5400 screened and 2279 adults enrolled by the 8 intervention centres. Around 70 children/adolescents have also been included. The average age of the adults is 52 y, ~ 2/3 being female. A total of 1356 have achieved more than 8% weight loss by the end of the 8-week LCD (average ~11% of initial body weight of ~100 kg), allowing them to continue into the weight maintenance phase.
**Conclusions:** The PREVIEW project is running well with over 2200 participants enrolled in the RCT.
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## 4. The effects of Dairy and Non-Dairy beverages consumed with cereal on Post-prandial Glycemia in healthy young adults (Marron Law)

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**Background:** Consumption of dairy is associated with better body composition and lower incidences of type 2 diabetes. Studies show this may be due to dairy's effects on decreasing post-prandial glycemia. However, there is a lack of studies investigating the benefits of familiar dairy products, consumed in usual serving sizes and as part of a meal, on postprandial glycemia and insulin responses. Recently, Health Canada (HC) has released draft guidance documents for food health claims for the reduction in post-prandial glycemia. Therefore, the present study is aimed to evaluate the potential for dairy to carry comparative health claims relative to non-dairy alternatives.
**Objective:** To compare the effects of dairy and non-dairy beverages on post-prandial glycemia following the guidelines set forth by HC.
**Methods:** Thirty healthy males and females (20-30 years, BMI 20.0-24.9 kg/m$^2$) will be recruited for this randomized, crossover trial. The treatments are 250 mL of 1) 1% milk, 2) soy beverage, 3) almond beverage, 4) yogurt beverage, and 5) water consumed with 54 g of Cheerios cereal. At 0 (baseline), 15, 30, 45, 60, 75, 90, 120 minutes (pre-meal period) 140, and 170 minutes (post-meal period) blood will be collected for glucose analysis. Insulin will be analyzed every 30 minutes and for the last two timepoints. An *ad libitum* pizza meal will be provided at 120 minutes after the treatments to measure post-meal glucose and insulin as well as food intake. **Results:** Study sessions have commenced and 8 participants have now completed the study. Preliminary data suggests that dairy beverages (milk and yogurt) may reduce post-prandial glycemia levels more than non-dairy alternatives. Complete results, which will be available at the time of the symposium, may provide further support for increasing dairy consumption and for increasing communication of its post-prandial benefits through a health claim.
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