

New Straits Times : 12 November 2006

Healthy eating habit can help prevent pre-diabetes, which is caused by, among others, damage to pancreas.

PEOPLE with pre-diabetes have higher-than-normal blood glucose levels (although not quite as high as in those with diabetes).

These individuals are very likely to also have high blood pressure, high blood lipids (fats in the blood) and are usually overweight or obese.