

Postgraduate Institute of Science (PGIS)
University of Peradeniya

Pre-conference Talk 03

Prediabetes in Motion:

Reprogramming Human Metabolism Through Precision Nutrition

*Advances in Food Science,
Nutrition and Metabolic Health*



DATE

24th July 2026



TIME

12.00 noon - 1.00 pm



VENUE

Conference Hall,
Postgraduate Institute of
Science (PGIS),
University of Peradeniya



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*Chair, Institutional Review Board, Illinois
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**Personalized
Nutrition**



**Precision
Science**



**Food-based
Solutions**



**Better Health
Outcomes**

A Step Towards Metabolic Health.
Fuel. Reprogram. Prevent.