



***Participants are needed to study the effects of eating whole apples
on risk factors for obesity-related chronic diseases***

Participants must be: 18 - 75 years old
Overweight or obese (BMI \geq 25.0 kg/m²),
 or waist circumference of \geq 40" for males or \geq 30" for females
In generally good health
Able to tolerate acetaminophen-containing products (e.g. Tylenol)

Study participation involves:

- Eat 3 apples per day for 6 weeks, or no apples per day for 6 weeks if randomized to the "control" group
- Depending on your interest:
 - Attend 2, 1-hour study visits: provide blood sample
 - OR**
 - Attend 2, 7-hour study visits: consume a high-fat dairy drink and provide IV blood samples
- * NOTE: ~ 6 of the 7 hours will be "free time" for you (in the HNRU)
- Attend 2, 15-minute study visits: answer questions about your health and lifestyle
- Collect 6 fecal samples: 3 before, and 3 after the 6-week study
- Record a 3-day food diary on 3 separate occasions: twice before and once during the 6-week study

*Participants will be asked to limit consumption of polyphenol-rich foods (e.g. berries, coffee, chocolate, etc.)

Total time commitment \approx 5 or 18 hours over 8 weeks

***Financial Compensation Provided!**

Up to \$240

To find out more about the study and your eligibility as a participant, please contact:

apples@uoguelph.ca

or

519-824-4120 x53925