



Apple Study

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

Participants must be 18 - 65 years old, and must have:

- BMI ≥ 30.0 kg/m², or waist circumference ≥ 30 " for women or ≥ 40 " for men
- Elevated blood triglycerides (> 1.69 mmol/L)
- Current or past use of 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
- Attend 2 study visits for 7 hours each: eat a high-fat meal with/without apples and provide blood samples
- Attend 2 additional study visits for 15 minutes each: answer questions about your health
- Collect 6 fecal samples: 3 before, and 3 after the 6-week study
- Record a 3-day food diary on 2 separate occasions: before and 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 18 hours over 6 weeks

***Financial compensation provided!**

Up to \$300

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

apples@uoguelph.ca

or

519-824-4120 ext. 56967