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 $\geq 30.0 \text{ kg/m}^2$, or waist circumference $\geq 30”$ for women or $\geq 40”$ for men
- Elevated blood triglycerides ($>1.69 \text{ mmol/L}$)
- 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

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB# 16JA013)