

# 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 - 75 years old  
Overweight or obese (BMI  $\geq 25.0$  kg/m<sup>2</sup>),  
   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
- Attend 2, 7-hour study visits: drink a high-fat dairy product and provide intravenous blood samples
- 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  $\approx$  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 x56967**