

The Beans & Beef Study

Older adults (60+ years) are needed for a nutrition study looking at how beans and beef affect appetite

The study will involve:

- 1 screening visit (30-45 minutes)
- 1 study orientation visit (30-45 minutes)
- 3 study visits which will each involve:
 - A 4-hour morning study visit where a breakfast tortilla bake containing either red kidney beans, black beans or extra-lean ground beef will be consumed
 - Questionnaires about appetite will be completed periodically over three hours followed by a pizza lunch
 - o Recording of food and beverage intake for remainder of the day

Financial Compensation Provided

This study is being conducted by the Department of Human Health and Nutritional Sciences and has received clearance from the University of Guelph Human Research Ethics Board (REB#22-03-28)

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

519-824-4120 x58081 or bbstudy@uoguelph.ca

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