

# **PARTICIPANTS NEEDED FOR THE CHOCOLATE ALMOND STUDY**



**WE ARE LOOKING FOR HEALTHY, NON-SMOKING  
FEMALES AGED 18-45 YEARS OLD TO PARTICIPATE  
IN THE CHOCOLATE ALMOND STUDY!**

**PARTICIPANTS SHOULD ENJOY CONSUMING  
ALMONDS AND WHITE CHOCOLATE.**



## **INTERESTED INDIVIDUALS WILL BE ASKED TO:**

- COMPLETE A PHONE SCREENING QUESTIONNAIRE
- COME TO THE HNRU ON CAMPUS FOR AN IN-PERSON SCREENING

## **IF ELIGIBLE, PARTICIPANTS WILL BE ASKED TO:**

- VISIT THE HNRU FOR 3 STUDY VISITS
- CONSUME WHITE CHOCOLATE WITH DIFFERENT VARIATIONS OF ALMONDS
- BE COMFORTABLE GIVING 2-4 FINGERPRICK BLOOD SAMPLES (PER VISIT)
- TRACK YOUR FOOD INTAKE FOR 3 DAYS
- FILL OUT QUESTIONNAIRES

## **FINANCIAL INCENTIVE PROVIDED**

**This study has been reviewed by the research  
ethics board for compliance with federal  
guidelines for human research (REB#1669)**

The logo of the University of Guelph, featuring the text "UNIVERSITY of GUELPH" in a serif font, with "of" in a smaller, italicized font.

**HOW TO CONTACT THE CHOCOLATE ALMOND STUDY TEAM**  
**[chocolatealmondstudy@uoguelph.ca](mailto:chocolatealmondstudy@uoguelph.ca)**

