

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)



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HOW TO CONTACT THE CHOCOLATE ALMOND STUDY TEAM
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