

Research study: Volunteers needed!

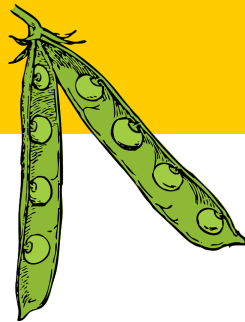
We are recruiting healthy people to participate in an nutrition research study. We will feed you specific meals for 3 weeks and then measure how this changes the metabolites in your blood. The study consists of three periods:

- **Baseline**—will last up to 2 hours (survey, blood draw, DEXA)
- **Standard Diet**—3 days with all meals provided (interview, 1 blood draw)
- **Experimental diet**—21 days with all meals provided (3 interviews, 4 blood draws)

You will be compensated \$35 dollars for the baseline session and the standard diet period, and \$165 for the experimental diet period. All meals and snacks will be provided for the 24 day study.

Requirements:

- 19 – 45 years of age at the start of the study
- Not too thin and not too fat (BMI 18.5-30 kg·m⁻²)
- Free from pre-existing health conditions such as diabetes
- Weight stable for at least 6 months (gain/loss of up to 5 pounds acceptable)



**For More Detail; Or To Apply,
Contact us!**

Visit our Website:

<http://mmoc.med.umich.edu/>
click 'MEAL Study' on left and complete screening questionnaire

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All testing will occur in the Michigan Clinical Research Unit Clinical Suite, located in the lower level of the Cardiovascular Center.

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