

Volunteers needed for Snacking Study



The CU Anschutz Health and Wellness Center is seeking volunteers to participate in a research study to compare the effects of consuming pecans and tortilla chips. Participants will receive monetary stipends of up to **\$300** for their participation in two 8-hour study visits.

You may qualify for this research study if you:

- Are 20 – 50 years old
- Regularly eat breakfast
- Have overweight or obesity (**BMI between 27 - 35**) Check your BMI at: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- Willing to eat test snacks (pecans or tortilla chips) and other foods offered during the test days
- Willing to participate in 2 days of testing (occurring one to eight weeks apart) during which blood samples will be drawn from an IV at scheduled intervals, questionnaires will be completed several times, and metabolic rate will be measured several times
- Do not have nut allergies or diabetes, and are not pregnant and not actively dieting

This research study involves:

- Participating in two 8 hour study visits
- Eating a specific dinner as provided the night before the visits, eating breakfast and lunch as provided during the study visits, and consuming either pecans or tortilla chips as a snack

For more info contact us at:

303-724-9198 or wellness.research@ucdenver.edu