



NUTRITION STUDY VOLUNTEERS WANTED

The University of Auckland Human Nutrition Unit **Lipid Emulsions and the Control of Body Weight**

The University of Auckland Human Nutrition Unit is inviting lean, healthy male volunteers to take part in a dietary study

What is the aim of the study?

The aim of this study is to determine whether some lipid emulsions (mixtures of fine lipid (fat) droplets and water) can activate hormones and other factors circulating in blood that may be important in the control of body weight. We would also like to test the palatability (pleasantness to eat) of test meals containing different lipid emulsions.

What & Where is the Human Nutrition Unit?

The Nutrition Unit is a purpose designed human volunteer facility located in the central suburb of Mt Eden (approx 3km from the CBD).

What does the study involve?

There are three parts to this study (you may apply to participate in either part a, b, and/or c:

- a.) **Palatability (Pleasantness to eat) testing:** We would also like to measure the palatability of the test meals we are serving. This would involve you visiting the Human Nutrition Unit on one occasion for a period of 4 hours. You will be given the test meals to eat and will be asked to rate their palatability.
- b.) **Meal Termination Sub-Study:** The main trial involves 5 visits to the Human Nutrition Unit. The first appointment (40 minutes) is to determine whether you can take part in the study. We will measure your weight, height, blood pressure, waist and hip circumference at this visit. The remaining 4 visits each take a single half day. On each of these 4 visits we will give you a test food containing different lipid emulsions prior to a buffet style breakfast and ask you to complete some questionnaires.
- c.) **Main Study:** The main trial involves 5 visits to the Human Nutrition Unit. The first appointment (40 minutes) is to determine whether you can take part in the study. The remaining 4 visits each take a single day. On each of these 4 visits we will give you a standard breakfast containing the lipid emulsion, collect blood samples through the morning and early afternoon, ask you to complete some questionnaires and eat a lunch meal. We will also measure your weight, height, blood pressure, waist and hip circumference.

Will I get paid for taking part?

A gratuity and travel expenses (e.g. bus fare, petrol) will be paid for participation.

If you are interested in taking part we would be pleased to discuss the study in more detail.
Please contact:

Janie Proctor or Shuang Han on 630 3744 or email j.proctor@auckland.ac.nz or shan128@aucklanduni.ac.nz

Please see our website for information about our unit: www.humannutritionunit.auckland.ac.nz

This study has received Ethical Approval from the Northern X Regional Ethics Committee (Reference Number: NTX 08/04/036) on the 30th June 2008