

NUTRITION STUDY VOLUNTEERS WANTED



The University of Auckland Human Nutrition Unit **Dairy Proteins and Appetite Control: A Beverage Study**

The University of Auckland Human Nutrition Unit is inviting **healthy female volunteers** to take part in a study on appetite control.

Background Information

Control of body weight is difficult for many people, and the consumption of 'high-satiety' foods and drinks may help control your food intake by cutting down hunger and keeping you feeling full for longer. Protein has been previously shown to increase satiety (=fullness).

What is the aim of the study?

The aim of this trial is to test a range of beverages containing dairy protein to determine whether they increase feelings of satiety & decrease food consumption. We plan to compare the effect of dairy protein beverages vs. carbohydrate beverages on satiety and food intake. We would also like to test the palatability ('how pleasant is this drink?') of these new beverages.

What & Where is the Human Nutrition Unit [HNU]?

The Human Nutrition Unit [HNU] is a purpose designed facility to study foods, medicines and metabolism in volunteers. It is 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 choose to participate in a), b) and/or c):

a) Palatability Testing (1 morning): We would like to measure the palatability (= pleasantness to eat/drink) of the test beverages we are serving. This would involve 1 visit to the HNU for a period of 4 hours. You will be asked to rate the palatability of the drinks. Breakfast and lunch will be provided.

b) Study 1: Protein Beverages (visit to register+ 4 morning/afternoons) This involves 5 visits to the HNU. The 1st appointment (40 mins) is to determine whether you can take part in the study. The remaining 4 visits each take a single day (8:45am-3:15pm), where we will give you breakfast, a mid-morning drink containing different doses of a dairy-derived protein, ask you to complete some questionnaires and eat a lunch meal. We will also measure your weight, height, blood pressure, waist and hip circumference.

c) Study 2: Protein vs. Carbohydrate Beverages (visit to register + 6 morning/afternoons): This involves 7 visits to HNU. The 1st appointment (40 mins) is to determine whether you can take part in the study. The remaining 6 visits each take a single day (8:45am-3:15pm), where we will give you breakfast, a mid-morning drink containing either dairy-derived protein or carbohydrate (sugar), 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 plus travel expenses (e.g. bus fare, petrol) will be paid for your participation.

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

Please contact:

Janie Proctor on 630 3744 *or* email hnu.info@auckland.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 (NTX 08/07/065) as of 21st August 2008.