



## Help us Learn How a Plant-Based Diet Impacts Health

Participants will be asked to track everything they eat and drink each day while eating a regular diet for one week, and a plant-based diet the next week. All meals will be provided by the study team. The study will last for five weeks. During this time, participants will complete five short visits to UK Campus and health tests before and after the diet.

**You may be eligible to participate if you are between 30 to 55 years old and have a:**

- low amount of physical activity
- have a waist size over 35 inches (for women) or 40 inches (for men)
- have a BMI of 27 or higher

Participants will be compensated up to \$650 over the course of the study!

**For more information contact:**

Jean Fry, PhD  
Email: [jfr282@uky.edu](mailto:jfr282@uky.edu)  
Text: 202-341-2393



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