



Help us Learn How a Plant-Based Diet Impacts Health

Researchers at the University of Kentucky invite you to participate in a study about how plant-based diets may affect blood sugar. Participants will be asked to track everything they eat and drink each day while eating a regular diet for one week, followed by four weeks of a plant-based diet. All of the plant-based meals will be provided by the study team. The study will last for five weeks. During this time, participants will complete five visits to UK Campus for a screening visit and metabolic testing.

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
Text: 202-341-2393



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