

Advertisement for recruitment of participants

Appetite study – Volunteers needed

Are you an overweight woman aged between 18 and 50 years?

Would you like to participate in a feeding study on appetite?

The Smart Foods Centre, University of Wollongong, is seeking volunteers for their new appetite study. The study will investigate how eating a certain type of breakfast may affect appetite hormones, feelings of fullness and overall dietary intake.

Please note that this is **NOT** a weight loss diet, but a short-term feeding study in which hormones associated with appetite will be measured.

If you fit all of the following criteria, we would like you to contact us:

- woman aged 18 – 50 years (premenopausal)
- willing to eat a breakfast that contains either beef, pork or chicken
- no food allergies
- not diabetic

The study will involve spending three mornings at the University where a breakfast and lunch meal will be provided. Blood samples will be drawn in order to test appetite hormones.

All participants who complete all three visits of the study will receive **\$50.00** to cover any incidental costs associated with participating in the study. Parking vouchers for the University will be provided.

If you would like to register your interest and find out more, please ring and leave a message on the Dietary Trials hotline: (02) 4221 4600.