

**Would you like to participate in a study of the effects of diet on your weight, body fat and how many calories you burn?**

The Smart Foods centre at the University of Wollongong is seeking volunteers for its new study:

**The SMART diet: Investigating the role of foods in weight loss**

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

- Aged 18 – 55 years
- Overweight
- Generally well and not taking medications (except oral contraceptives)
- No food allergies

This is a long-term dietary intervention in which you will receive advice from a qualified dietitian. You will be monitored on this diet for 12 months. The study will also involve assessment of your weight and body fat, and how many calories you burn. Your blood glucose, blood pressure and cholesterol levels will also be monitored over the 12-month period.

If you would like to register your interest and find out more, please leave a message on the Smart Foods Diet Study hotline **4221 4600**.