

## Advertisement for recruitment of participants

### Cholesterol study – volunteers needed

Are you aged between 25 and 65 years and possibly have high cholesterol?

Would you like to receive low fat dietary advice from a dietitian for 6 weeks?

Would you like to take part in a study on the effect of different breakfast cereals on cholesterol?

The School of Health Sciences and the Smart Foods Centre, University of Wollongong, are seeking volunteers for their new cholesterol study. The study will investigate how eating a certain type of breakfast cereal while following a low fat diet may improve your cholesterol over 6 weeks.

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

- man aged 25 - 65 years or woman aged 25 year or older and premenopausal
- no food allergies
- of otherwise good health
- not taking cholesterol-lowering medication
- not following a special diet
- not taking fish oil capsules

We are especially interested in people who have high cholesterol but may not have known about it until now. The study is an intervention trial where you will receive dietary counselling for a low fat diet from a qualified dietitian. You will be counselled and monitored on the diet for 6 weeks. All breakfast cereals will be supplied to you for no cost. The study will involve collection of blood samples on three occasions.

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.