

Blackberry and Fat Oxidation Study

Main Study Question

How does consumption of blackberries affect the body's fuel management?

Motivation for Research

The most recent statistics from the World Health Organization show that 1.5 billion adults are overweight, with 500 million of these adults being classified as obese. Worldwide, obesity has more than doubled in the last 30 years. The aim of this work is to seek dietary influences that can alter the body's fuel management to reduce body fatness. Studies in animals have suggested that berry preparations or anthocyanin-rich berry extracts can reduce body fatness. Previous studies with tea catechins, which belong to the flavonoid class of chemicals as do anthocyanins, suggest that these compounds can alter fat oxidation, and this may be the mechanism by which body fatness is influenced by anthocyanin intake. However, well-controlled studies in humans are lacking.

The study ran from early July 2013 to end of April 2016.

