VOLUNTEERS NEEDED
FOR A NUTRITION STUDY AT USDA

The Beltsville Human Nutrition Research Center, Beltsville, MD
is recruiting volunteers who are 25-75 years old for a nutrition study.

The study will be 6 months long. During the first and last two months, participants will visit the USDA Nutrition Center for measurements, but will eat their own diet. During the second, third, and fourth month, participants will eat a diet fully provided by the USDA Nutrition Center. Study assessments will include 5 blood draws, collection of 5 fecal samples, and completion of a variety of questionnaires.

Compensation for time and inconvenience will be provided for those who are found eligible and who complete some or all of the study procedures satisfactorily. Some volunteers may not be eligible. Volunteers with any of the characteristics listed below would not be eligible to participate.

To learn more about the study, you may meet with study staff to review the study procedures and consent form and then schedule a screening meeting if you are still interested. Staff meeting times will be at the following dates/times:

at 7:00 AM on Feb 20 and 24 and March 5
at 12 noon on Feb 24 and 26 and March 2
and at 5:00 PM on Feb 25 and March 4

Meetings will be in USDA Building 307B on Center Road in Beltsville, MD. No appointment is necessary. You must meet with a staff member and sign the consent form to be considered for participation.

For more information

- CALL (301) 504-5454 (messages checked once/day; messages returned within 3 days)
- EMAIL volunteers@usda.gov (messages checked twice daily; messages returned within 2 days)

Exclusion Criteria - If any of the following apply to you, you will not be eligible to participate:

- Younger than 25 years old and older than 75 years old at the beginning of the intervention
- Have body weight less than 110 lbs.
- Known (self-reported) allergy or adverse reaction to study foods or ingredients
- A dietary pattern inconsistent with the dietary intervention (i.e., vegan, vegetarian, extremes of protein, fat, carbohydrate intake).
- Body mass index less than 18 or greater than 40 kg/m^2
- Women who have given birth during the previous 12 months, are pregnant, are lactating, or plan to become pregnant during the study.
- Use of appetite suppressants or other anti-obesity medication during the past 6 months
- History of bariatric or certain other surgeries related to weight control
- History or presence of diabetes, kidney disease, liver disease, certain cancers, gout, hyperthyroidism, untreated or unstable hypothyroidism, gastrointestinal disease, pancreatic disease, other metabolic diseases, malabsorption syndromes, phenylketonuria, or endocrine disorders that may interfere with the study outcomes.
- Individuals with any gastrointestinal issues, including bariatric surgery, inflammatory bowel disease, suspected or known strictures, fistulas or physiological/mechanical GI obstruction, nutrient malabsorption disease, or Crohn's Disease
- Use of antibiotics within one month prior to the study
- Smokers or other tobacco/marijuana users (within 6 months prior to the study)
- History of eating disorders or other dietary patterns which are not consistent with the dietary intervention (e.g., vegetarians)
- Known taste disorders, including weak or absent sense of taste (screening procedures include a basic taste sensitivity test), abnormal taste in the mouth (e.g., bitter or metallic "phantom" tastes), or other taste abnormality
- History of taste or smell problems (e.g., weak or absent sense of taste; weak or absent sense of smell)
- Use of medications within one month prior to the study that moderately to severely affect taste.
- Volunteers who have lost >10% of body weight within the last 12 months or who plan to initiate a weight loss program during the next 12 months.
- Unable or unwilling to give informed consent or communicate with study staff.
- Self-report of alcohol or substance abuse within the past 12 months and/or current acute treatment or rehabilitation program for these problems (long-term participation in Alcoholics Anonymous is not an exclusion).
- Other medical, psychiatric, or behavioral factors that in the judgment of the Principal Investigator may interfere with study participation or the ability to follow the intervention protocol.