



Beltsville Human Nutrition Research Center

PAID MALE VOLUNTEERS NEEDED FOR A NUTRITION STUDY

The Beltsville Human Nutrition Research Center is planning a diet study to start in June 2007 and run through September 2007. This is a study to evaluate the effects of tea on fat and glucose metabolism. To participate, you must be a 1) **male** who is 2) **overweight (BMI at least 25 – see attached sheet to determine your BMI)**, 3) a **nonsmoker**, 4) **aged 25-65 years** and 5) **not a diabetic**.

This is a controlled-feeding study with five (5) periods each lasting five (5) days. During the first four days of each study period, volunteers will be required to report to the Center daily to eat breakfast and dinner. Lunch and weekend meals will be provided for carry-out. On the fifth day, volunteers will spend 24 hours at the Center and their metabolic rate will be measured. After each five day period, there will be a break of about 2 weeks during which time there are no restrictions on diet or travel.

Volunteers will be paid \$1,100 for completing the study.

If you are interested in participating in this study, you must attend a one hour information meeting (listed below) in Room 130, Building 307B, USDA, Beltsville, MD to learn of the details of the study.

***Interested?***

Then you must attend an Information Meeting at the:

Beltsville Human Nutrition Research Center  
Center Drive, Building 307B, Room 130  
Beltsville, MD 20705 (Driving directions below)

At this meeting, the details of the study will be discussed and you will have an opportunity to ask questions.

Meeting dates and times are listed below; you must attend ONE of them to participate. YOU DO NOT NEED TO PREREGISTER.

Monday, May 14, 5:00 PM  
Tuesday, May 15, 12:00 noon and 5:00 PM  
Monday, May 21, 5:00 PM  
Tuesday, May 22, 12:00 noon and 5:00 PM

If you have specific questions, please call (301) 504-5454 and leave a message or send an email to [volunteers@ba.ars.usda.gov](mailto:volunteers@ba.ars.usda.gov).

## DRIVING DIRECTIONS

Driving Directions can be obtained on our web site: [www.barc.usda.gov/bhnrc](http://www.barc.usda.gov/bhnrc).

From Beltway 495/I-95 Exit 25 (College Park/Beltsville), follow US Route 1 North towards Beltsville. Continue on US 1 N for approximately 1.5 miles. Turn right on Powder Mill Road (Rt. 212). Continue on Powder Mill Road for 2.0 miles. Turn left on Center Road (opposite the ARS National Visitors Center, known locally as the "Log Lodge"). Building 307B is the second building on your left.

From Beltway 495/I-95 Exit 23 (Kenilworth Avenue), follow Kenilworth Ave. North for several miles -- it will become Edmonston Road. Turn right at the light on Powder Mill Road and go 1.5 miles. Turn left at Center Road (opposite the ARS National Visitor Center). Building 307B is the second building on the left.

From the Baltimore-Washington Parkway exit on Powder Mill Road (Rt 212) and go West, following signs to BARC, for about 1.2 miles to Center Road. Turn right -- Building 307 is the second building on the left.

Parking is available immediately in front of Building 307B and further along Center Road in front of Building 307.

