



PAID VOLUNTEERS NEEDED FOR A NUTRITION STUDY

The Beltsville Human Nutrition Research Center is planning a diet study to start in March 2006 and run through May 2006. This study is being conducted to learn how cocoa and tea consumption may affect blood sugar control in the body.

Participants will be required to eat all meals for five study periods, each lasting five days, for a total of 25 days at the Beltsville Human Nutrition Research Center. During the study periods, Monday through Friday, breakfast and dinner must be eaten at the Center. Lunch and weekend meals will be provided for carry-out.

Participants will receive payment of \$750.00 upon completion of the study.

For this study, male and female volunteers must be:

- * **25 – 65 years old**
- * **Nonsmoker**
- * **Body Mass Index (BMI) greater than 27 – see chart below**

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.

Tuesday, January 17, 12:00 PM & 5:00 PM

Wednesday, January 18, 5:00 PM

Monday, January 23, 5:00 PM

Tuesday, January 24, 12:00 PM & 5:00 PM

Monday, January 30, 5:00 PM

Tuesday, January 31, 5:00 PM

Monday, February 6, 5:00 PM

Tuesday, February 7, 5:00 PM

Monday, February 13, 5:00PM

Tuesday, February 14, 12:00 PM & 5:00 PM

To participate in this study your Body Mass Index (BMI) must be greater than 27.

Body Mass Index (BMI) Table

Calculated BMI = (weight in kg divided by height in meters squared)

BMI	24	25	26	27	28	29	30	31	32	33	34	35	36	37
<i>Height</i>	<i>Weight (in pounds)</i>													
4'10" (58")	115	119	124	129	134	138	143	148	153	158	162	167	172	177
4'11" (59")	119	124	128	133	138	143	148	153	158	163	168	173	178	183
5' (60")	123	128	133	138	143	148	153	158	163	168	174	179	184	189
5'1" (61")	127	132	137	143	148	153	158	164	169	174	180	185	190	195
5'2" (62")	131	136	142	147	153	158	164	169	175	180	186	191	196	202
5'3" (63")	135	141	146	152	158	163	169	175	180	186	191	197	203	208
5'4" (64")	140	145	151	157	163	169	174	180	186	192	197	204	209	215
5'5" (65")	144	150	156	162	168	174	180	186	192	198	204	210	216	222
5'6" (66")	148	155	161	167	173	179	186	192	198	204	210	216	223	229
5'7" (67")	153	159	166	172	178	185	191	198	204	211	217	223	230	236
5'8" (68")	158	164	171	177	184	190	197	203	210	216	223	230	236	243
5'9" (69")	162	169	176	182	189	196	203	209	216	223	230	236	243	250
5'10" (70")	167	174	181	188	195	202	209	216	222	229	236	243	250	257
5'11" (71")	172	179	186	193	200	208	215	222	229	236	243	250	257	265
6' (72")	177	184	191	199	206	213	221	228	235	242	250	258	265	272
6'1" (73")	182	189	197	204	212	219	227	235	242	250	257	265	272	280
6'2" (74")	186	194	202	210	218	225	233	241	249	256	264	272	280	287
6'3" (75")	192	200	208	216	224	232	240	248	256	264	272	279	287	295

OUR CONTACT INFORMATION

Building 307B (Room 130), BARC-East Beltsville Human Nutrition Research Center (BHNRC), Beltsville Agricultural Research Center (BARC), Beltsville, MD 20705.
 Phone 301-504-5454 email: volunteers@ba.ars.usda.gov

DRIVING DIRECTIONS

Driving Directions can be obtained on our web site: 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.

