The Beans & Beef Study

Older adults (60+ years) are needed for a nutrition study looking at how beans and beef affect appetite

The study will involve:

- 1 screening visit (30-45 minutes)
- 1 study orientation visit (30-45 minutes)
- 3 study visits which will each involve:
  - A 4-hour morning study visit where a breakfast tortilla bake containing either red kidney beans, black beans or extra-lean ground beef will be consumed
  - Questionnaires about appetite will be completed periodically over three hours followed by a pizza lunch
  - Recording of food and beverage intake for remainder of the day

*Financial Compensation Provided*

This study is being conducted by the Department of Human Health and Nutritional Sciences and has received clearance from the University of Guelph Human Research Ethics Board (REB#22-03-28)

To find out more about the study and your eligibility as a participant, please contact: 519-824-4120 x58081 or bbstudy@uoguelph.ca