PARTICIPANTS NEEDED FOR A RESEARCH STUDY!

FOODS FROM THE MEDITERRANEAN DIET & HEALTH

You May Qualify If You…

• Are between 30 and 69 years old
• Have a BMI between 25-37 kg/m²
• Have high blood pressure or high cholesterol
• Have stable medication use
• Have a relatively low intake of Mediterranean diet-style foods
• Haven’t changed your exercise patterns within the last 3 months
• Do not smoke

Participation Involves…

• Biweekly visits to the University of Colorado CTRC over a period of 20 weeks
• Blood, urine & stool sample collections
• Four, 4-week periods with daily consumption of various study foods such as salmon, beef, oatmeal, cheesecake, walnuts, red peppers, avocado & chickpeas

Location:
Clinical and Translational Research Center
1890 N. Revere Ct., Room 6030
Aurora, CO 80045

IF INTERESTED, PLEASE CONTACT JAMIE WESTCOTT, MS, CCRP
MiniMED@cuanschutz.edu | 303-724-3265
OR COMPLETE OUR SCREENER USING THE QR CODE HERE

FOODS & COMPENSATION PROVIDED!