

Does dietary fructose restriction improve cardio-metabolic health in obesity?

ACTRN12612000172808

Status	RECRUITING
Sponsor	The University of Newcastle
Enrollment	42 participants

Plain Language Summary

This study is testing whether cutting back on fructose (a type of sugar found in many processed foods and drinks) can improve heart health and metabolism in people who are obese. High fructose diets have been linked to obesity, high cholesterol, high blood pressure, and diabetes risk. Participants will follow a low-fructose diet for a set period and researchers will measure blood fats, hunger hormones, and markers of inflammation.

You may be eligible if:

- You are between 18 and 65 years old
- You are male or female with a BMI over 30 (obese)
- You are not currently on a weight-loss program

You may NOT be eligible if:

- You are currently taking cholesterol-lowering medications (e.g., statins)
- You have been diagnosed with diabetes
- You are pregnant or breastfeeding
- You are currently taking anti-inflammatory medications (e.g., NSAIDs)
- You are already following a fructose-restricted or sugar-restricted diet
- You have been diagnosed with a gastrointestinal disorder
- You have had obesity surgery
- You follow a vegan diet

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Aged between 18 – 65 years at initial assessment. Males or female with BMI>30 [BMI = weight (kg)/ height (m)²]

Exclusion (9)

- Are currently on cholesterol lowering drugs e.g. Statins
- Are diabetic
- Pregnancy or lactation
- Are currently on anti-inflammatory drugs e.g. NSAIDs
- Are currently on fructose/sugar restricted diets

... and 4 more (see full listing online)

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000172808>

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