

Effect of a Mediterranean diet with fresh lean Australian pork on blood pressure, cardiovascular risk factors and cognition, mood and wellbeing in high risk individuals.

ACTRN12616001046493

Status	RECRUITING
Sponsor	University of South Australia
Enrollment	39 participants

Plain Language Summary

This study is for men and women aged 45–75 who are at risk of heart disease. It tests whether a Mediterranean-style diet that includes lean fresh pork lowers blood pressure and improves heart health, thinking ability, and mood more than a standard low-fat diet. Each participant tries both diets over different periods and results are compared.

You may be eligible if:

- You are between 45 and 75 years old
- You are a non-smoker
- Your systolic blood pressure is at or above 120 mmHg and you are not on blood pressure medicine
- You eat one serve or less of fresh pork per week
- You have at least 2 of these risk factors: overweight (BMI over 25), large waist, high cholesterol, borderline high blood sugar, family history of heart disease or diabetes

You may NOT be eligible if:

- You have diagnosed heart disease, angina, or have had a stroke
- You have Type 2 diabetes
- You are actively trying to lose weight
- You are pregnant or breastfeeding
- You smoke
- You have a neurological or psychiatric condition
- You have a food allergy relevant to the diet (e.g., nuts, seafood)
- You have Alzheimer's disease or dementia

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

Key Eligibility Criteria

Inclusion (9)

- Free-living non-smoking men and women, aged between 45-75 years with elevated SBP equal to or above 120mmHg (high-normal range) and not on antihypertensive medication,
- who habitually consume 1 or less serves of fresh pork per week
- WITH at least 2 risk factors for CVD:
 - overweight/obese with BMI equal to or above 25kg/m²
 - waist circumference men greater than 94cm, women greater than 80cm
- ... and 4 more (see full listing online)

Exclusion (16)

- Person considered by the investigator to be unwilling, unlikely or unable to comprehend or comply with the study protocol

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001046493>

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- Previous/current traumatic head/brain injury, neurological or psychiatric conditions
 - Previous stroke
 - Use of anti-depressant, anxiety or neurological or psychiatric medication
- ... and 11 more (see full listing online)

Locations (1 total)

SA, Australia