

Trialing a fruit and vegetable intervention to promote a healthy weight and reduce disease risk

ACTRN12619001415190

Status	RECRUITING
Sponsor	The University of Newcastle
Enrollment	120 participants

Plain Language Summary

Most Australians do not eat nearly enough fruit and vegetables, and this contributes to poor health outcomes including overweight, obesity, and chronic disease. This 6-month study is testing two different approaches to encouraging people to eat more fruit and vegetables and fewer processed, high-calorie foods. Participants will be randomly assigned to one of two fruit and vegetable eating patterns and receive fortnightly supply of produce as part of the intervention.

Alongside the produce, participants will receive personalised dietary counselling — with more intensive sessions in the first three months and a maintenance phase in the second three months. The study will measure diet quality, body composition, blood sugar and lipid levels, and skin and urine markers of fruit and vegetable intake. This is also designed to validate a dietary survey tool called the Australian Eating Survey.

You may be eligible if you are 18 or older, have been weight-stable for the past two months, and have access to the internet. People who are pregnant, have a pacemaker or similar implanted device, take medications affecting weight or metabolism, have significant food allergies, or have serious medical conditions such as insulin-dependent diabetes, heart failure, or kidney disease are not eligible. This study is ideal for someone who wants practical, supported help in eating more healthily.

Key Eligibility Criteria

Inclusion (1)

- Aged 18 years or above; are weight stable (± 4 kg in the past 2 months) and have access to broadband internet access.

Exclusion (5)

- Are currently pregnant, breastfeeding or trying to conceive
- Have a pacemaker, cochlear implant or similar electronic device
- Taking medications and/or supplements that affect metabolic rate, weight or fluid balance
- Have special dietary requirements or dietary restrictions due to food allergies and/or intolerance
- Have one of the following medical conditions: diabetes controlled by insulin, heart failure, chronic respiratory disease, pancreatitis, renal disease, liver disease, claustrophobia or similar conditions

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001415190>

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