

Animal and Plant Proteins and Glucose Metabolism

NCT03994367

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | University of Missouri-Columbia |
| Enrollment | 100 participants |

Key Eligibility Criteria

Inclusion (4)

- age: e21 and d70 years;
- BMI: \>24.5 and \<32.5 kg/m²;
- habitual protein intake \<0.9 g/kg/day (assessed on 2 weekdays and 2 weekend days by using the HealthWatch 360 app); and
- weight stable (i.e., d3% change) and untrained (d150 min of structured exercise/week) for at least 2 months before entering the study.

Exclusion (9)

- prediabetes or type 2 diabetes;
- evidence of chronic kidney disease by medical history or laboratory tests (glomerular filtration rate \<60 ml/min/1.73 m² or an albumin to creatinine ratio in urine e30 mg/g);
- vegetarians or vegans;
- intolerance or allergies to ingredients in the metabolic meal or intervention diet;
- take dietary supplements (e.g., pre- and probiotics, fiber, fish oil) or medications known to affect our study outcomes;
- ... and 4 more (see full listing online)

Locations (1 total)

University of Missouri School of Medicine, Columbia, Missouri, United States