

FIRE-Diet: Food as an Intervention to Reduce the Effects of Woodsmoke Exposure on Respiratory Health

NCT06711614

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of British Columbia
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (5)

- Healthy, and specifically with no respiratory disease
- Not taking any supplements, or willing to abstain from supplement use for 4-weeks prior to study start and the whole duration of the study,
- Must currently consume, on average, less than 2 servings of fish per week and fewer than 5 servings of fruits and vegetables per day based on screening questionnaires.
- Must have a null GSTM1 genotype determined at screening.
- Must be able to provide a sufficient sputum sample during the screening visit.

Exclusion (9)

- Pregnant or planning to become pregnant during the study period.
- Health conditions that would pose an unacceptable risk of dietary change, or conditions that are uncontrolled based on principal investigator's judgement.
- Actively attempting to lose weight.
- Frequent wood smoke exposure (e.g. at home or employment).
- Unable to store provided meals and food safely.

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

Locations (1 total)

University of British Columbia, Vancouver, British Columbia, Canada