

Drivers and Barriers for Adopting Healthy and Sustainable Food Swaps in Young

NCT06714656

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Aberdeen
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- men and women
- aged 18-30 years,
- having a high baseline consumption of red meat (More than 70 grams per day or 280 grams per 4 days)
- who are willing to make their diet healthier and more sustainable but do not know how or are facing barriers

Exclusion (6)

- Having a lower red meat consumption (less than 70 grams per day or 240 grams per 4 days)
- being vegetarian or vegan
- having a clinical diagnosis of hypertension or high cholesterol, having unstable or untreated thyroid disorder
- taking blood pressure and/or cholesterol-lowering medications (e.g. beta blockers or statins)
- having food allergies, being on a weight loss diet or having lost \geq 5kg in the last 6 months
- ... and 1 more (see full listing online)

Locations (1 total)

The Rowett Institute, University of Aberdeen, Aberdeen, United Kingdom