

Protein and Exercise for Postmenopausal Women's Wellbeing

NCT06849817

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Arkansas, Fayetteville
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (2)

- Postmenopausal women aged 50 years and older (at least 12 months since last menstrual cycle)
- Participant in physical activity (e.g., 2-4 bouts of physical activity per week (i.e., activities such as brisk walking, yoga, hiking, cycling, gardening, etc.)) -Participants taking hormone replacement therapy (HRT; at least 6 months on HRT), statins, and antihypertensive medications will be allowed to participate.

Exclusion (13)

- Food allergies
- Dietary restrictions (e.g., vegan, vegetarian, lactose intolerance, etc.)
- Diet-related conditions that would prevent them from consuming a higher protein dietary intake (e.g., impaired liver function, kidney disease)
- Participants consuming more than 0.8 g protein/kg/body weight per day (determined by 24-hour dietary recall)
- Underweight (BMI < 18.5)
- ... and 8 more (see full listing online)

Locations (2 total)

Don tyson Center for Agricultural Sciencers, Fayetteville, Arkansas, United States
University of Arkansas, Fayetteville, Arkansas, United States