

Influence of Food Texture on Appetite Control, Gastric Emptying, and Energy Expenditure

NCT06853249

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Kiel
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (4)

- healthy males and females
- Body Mass Index between 19-35 kg/m²
- low to medium habitual physical activity
- women with regular menstrual cycle (during intervention in follicular phase)

Exclusion (12)

- smoking (cigarettes + cannabis)
- chronic illnesses
- regular intake of medication
- Anemia and/or iron deficiency
- food allergies / intolerances
- ... and 7 more (see full listing online)

Locations (1 total)

Kiel University, Institute of Human Nutrition, Kiel, Germany