

"Improving Health and Reducing Chronic Disease Risk in Middle-Aged Adults Through Nutrition"

NCT06857929

Status	RECRUITING
Phase	Not Applicable
Sponsor	IMDEA Food
Enrollment	106 participants

Key Eligibility Criteria

Inclusion (4)

- BMI 27-40 Kg/m²
- Metabolic syndrome according to International Diabetes Federation Task Force on Epidemiology and Prevention; National Heart, Lung, and Blood Institute; American Heart Association; World Heart Federation; International Atherosclerosis Society; and International Association for the Study of Obesity
- Stable weight in the last 3 months (weight changes \leq 4Kg)
- Be able to give informed consent

Exclusion (14)

- Have a diagnosed illness that interferes with the recommendations proposed in the intervention.
- Women with established menopause.
- Pregnant or breastfeeding women.
- Serious psychiatric illness/disorder.
- Social, cultural or psychological factors that may affect adherence to the intervention protocol.
- ... and 9 more (see full listing online)

Locations (1 total)

IMDEA Nutrition, Madrid, Madrid, Spain