

Pulses: Optimizing Pulse Consumption for Cardiometabolic Health

NCT06861153

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Arizona
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (5)

- e 18years old (with no upper age limit)
- Currently consuming less than 1.5 cup-equivalents of pulses per week
- Willing and able to participate in a 12-week dietary intervention focused on increased pulse consumption
- Able to communicate in English and provide written informed consent
- Assessed as suitable to participate in a nutrition intervention by the study dietitian or primary healthcare provider

Exclusion (4)

- Individuals already consuming >150 minutes/week of pulse-based dietary programming or otherwise regularly meeting high pulse intake benchmarks at baseline
- Patients with food allergies or intolerances that preclude the consumption of pulses
- Individuals who have not received clearance from their healthcare provider to make significant dietary modifications
- Participants anticipating major changes in dietary habits due to elective surgery, planned relocation, or other lifestyle alterations during the study period (12 weeks)

Locations (2 total)

Tucson Village Farm, Tucson, Arizona, United States
University of Arizona, Tucson, Arizona, United States