

Comparison of Dairy and Plant-based Alternatives in Adolescents and Older Adults

NCT06874400

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Toronto
Enrollment	160 participants

Key Eligibility Criteria

Inclusion (9)

- Age 14-18 years old (adolescents) or 60-75 years old (older adults)
- BMI z-score $\geq +1SD$, $\leq +2SD$ (adolescents) or BMI 25-30 kg/m² (older adults)
- Willing to maintain habitual diet, physical activity pattern, and body weight throughout the study.
- Willing to maintain current dietary supplement use throughout the study. On study visit days, subject agrees not to take any supplements until dismissal from the Nutrition Intervention Center.
- Willing to abstain from alcohol consumption for 24hrs prior to all study visits.

... and 4 more (see full listing online)

Exclusion (13)

- Smoking
- Thyroid problems
- Lactose intolerance and/or allergies, intolerances, or sensitivities to study treatments
- Previous history of cardiovascular disease, diabetes, liver or kidney disease, inflammatory bowel disease, celiac disease, short bowel syndrome, malabsorptive syndrome, pancreatitis, gallbladder or biliary disease
- Presence of gastrointestinal disorder or surgeries within the past year.

... and 8 more (see full listing online)

Locations (1 total)

Nutrition Intervention Center, Toronto, Ontario, Canada