

# Identifying the Best Tools for Recording Diet in Free-living UK Adults (SODIAT-2 Study)

NCT06879574

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**Status** RECRUITING  
**Sponsor** University of Reading  
**Enrollment** 133 participants

## Key Eligibility Criteria

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### Inclusion (3)

- years and older
- Lives in Great Britain (England, Schotland and Walse)
- Able to read/understand instructions written in English and are fluent in English

### Exclusion (16)

- Diagnosed or self-report as being underweight (have a body mass index (BMI) of less than 18.5 kg/m2)
- Are unwilling/unable to collect urine and blood samples, use the wearable camera as instructed and/or spend 20-30 min online recording what they've recently had to eat/drink on multiple occasions
- Are unwilling/unable to have a video call with a researcher with cameras turned on
- Are unwilling/unable to post samples on specific days and receive/send a larger parcel at the start/end of the study (note: all return packaging and postage will be provided by us and will include a courier delivery and collection)
- Are unwilling/unable to receive a single grocery delivery from Sainsbury's or Tesco online supermarkets (delivery to be arranged by us), includes living in a postcode area that cannot receive grocery deliveries from Tesco or Sainsburys as well as not having space to refrigerate and freeze items.

... and 11 more (see full listing online)

## Locations (4 total)

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Hugh Sinclair Unit of Human Nutrition, University of Reading, Reading, Berkshire, United Kingdom  
Department of Life Sciences, Aberystwyth University, Aberystwyth, United Kingdom  
University of Cambridge, Pathology building level 4, Addenbrooke's Hospital, Cambridge, United Kingdom  
... and 1 more locations