

# The Effect of Dairy Intake on Body Weight and Composition and Metabolic Health in Adolescents and Seniors

NCT06879652

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Toronto
Enrollment	240 participants

## Key Eligibility Criteria

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### Inclusion (18)

- Age 15-18 years old (adolescents) or 60-80 years old (seniors)
- BMI z-score  $\geq +1SD$ ,  $\leq +2SD$  (adolescents) or BMI 25-34.9 kg/m<sup>2</sup> (seniors)
- Waist circumference  $\geq 80$  cm for women and  $\geq 94$  cm for men (seniors)
- FBG 5.6-6.9 mmol/L (prediabetes)
- Willing to follow Canada's Food Guide

... and 13 more (see full listing online)

### Exclusion (28)

- Fasting BG  $\geq 7$  mmol/L
- Blood pressure systolic  $\geq 130$ mmHg or diastolic  $\geq 80$ mmHg (adolescents) or systolic  $\geq 140$  mmHg or diastolic pressure  $\geq 90$  mmHg
- Smoking (tobacco and/or cannabis product use in the last 6 months)
- Thyroid problems
- History of CVDs, diabetes, liver or kidney disease, inflammatory bowel disease, celiac disease, short bowel syndrome, any malabsorption syndrome, pancreatitis, gallbladder, or biliary disease.

... and 23 more (see full listing online)

## Locations (2 total)

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Department of Nutritional Sciences, Toronto, Ontario, Canada  
Nutrition Intervention Center, Toronto, Canada