

Metabolic Health, Bones and Nuts During Weight Loss in Adults

NCT06949280

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Rutgers, The State University of New Jersey |
| Enrollment | 44 participants |

Key Eligibility Criteria

Inclusion (4)

- Men and postmenopausal women (>2 years since last menses), ages 50-75 years
- Body mass index (25-42 kg/m²) or evidence of pre-clinical obesity.
- Agree to be randomly assigned to consume a daily peanut snack or nut-free snack for 24 weeks
- Must attend on-site visits (about 10) in New Brunswick, NJ, USA (transportation/reimbursement for travel not included)

Exclusion (14)

- Peanut allergies or intolerances
- Participants with >5% weight loss in the past 6 months or extreme dietary/physical activity habits
- An inability to follow the experimental intervention or to perform the required specimen collections.
- Individuals with significant psychiatric or food disorders.
- Current diagnosis, or history of cancer in past 3 years.

... and 9 more (see full listing online)

Locations (1 total)

Rutgers University - NJ Inst Food Nutrition & Health, New Brunswick, New Jersey, United States