

The SWITCH Dietary and Behavioural Intervention Study

NCT06973408

Status	RECRUITING
Phase	Not Applicable
Sponsor	Chalmers University of Technology
Enrollment	300 participants

Key Eligibility Criteria

Inclusion (7)

- Age 18-70 years
 - Body mass index 25-35 kg/m²
 - Stable dietary patterns at the entry to the study (no specific dieting the last 4 weeks).
 - Willingness to adhere to advised diet pattern and to consume provided key foods.
 - Medications stable for the previous 14 days of relevant medicines
- ... and 2 more (see full listing online)

Exclusion (22)

- Currently having an infection or other relevant illness.
 - Cardiovascular events (myocardial infarction or stroke) during the previous 6 months. To be included, the disease needs to be stable.
 - Diagnosis of diabetes (any type).
 - Blood Pressure (BP): $\geq 185/105$ mmHg.
 - Serum Cholesterol (S-Chol): ≥ 8 mmol/L.
- ... and 17 more (see full listing online)

Locations (1 total)

Center for Lifestyle Interventions, Sahlgrenska University Hospital, Östra, Gothenburg, Sweden