

# The Chocolate Almond Study - Relating Chewing to Satiation and Postprandial Response

NCT07065461

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Guelph
Enrollment	35 participants

## Key Eligibility Criteria

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### Inclusion (10)

- BMI between 18.5-27.9 kg/m<sup>2</sup> or waist circumference less than 88 cm
- No known food allergies or sensitivities
- Non-restrained eaters based on the Three Factor Eating Questionnaire
- No history of gastrointestinal diseases that may interfere with eating behaviour or digestion
- Not on medications that affect appetite, digestion, blood sugar regulation, saliva production, or chewing
- ... and 5 more (see full listing online)

### Exclusion (23)

- Diabetes or other metabolic disorders affecting glycemia and overall cardiometabolic health
- Any food allergies, intolerance, or sensitivities
- Any life-threatening allergy
- Pregnant or breastfeeding
- Participation in another clinical trial
- ... and 18 more (see full listing online)

## Locations (1 total)

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