

# Metabolic Effects of Short-term Ultra-processed Food Intake (MEST-UPF)

NCT07213245

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Göteborg University
Enrollment	24 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Body mass index (BMI) 18.5-30 kg/m<sup>2</sup>
- Fasting glucose < 6.1 mmol/l
- Hb > 110 g/L
- Weight stability the last 3 months +/-5%

### Exclusion (11)

- Food allergies, intolerances or preferences preventing consumption of any products included in the study.
- Unable to sufficiently understand written and spoken Swedish or English to provide written consent and understand information and instructions from the study personal.
- Pregnant, lactating or planning a pregnancy during the study period.
- Blood donation or participation in a clinical study with blood sampling within 30 days prior to screening visit and throughout the study.
- History of gastrointestinal conditions or major gastrointestinal surgery (Inflammatory bowel disease, Crohn's disease, malabsorption, colostomy, bowel resection, gastric bypass surgery etc.).
- ... and 6 more (see full listing online)

## Locations (1 total)

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