

Health Properties of Pecan Nut Consumption

NCT07227259

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Davis
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (1)

- BMI of 20-35 kg/m², ability to understand the intervention instructions, Willingness to follow the dietary intervention, Willingness to provide biological samples (blood and stool) -

Exclusion (2)

- Allergy to pecan or other nuts, Cognitive impairment due to dementia of any type and inability to understand or comply with intervention instructions, Use of menopausal hormone replacement therapy, Use of antibiotics or probiotics in the 2 months prior to enrollment, Uncontrolled diabetes with HbA1C of ≥ 9.5 , Vegetarian/vegan, Any serious medical condition (such as chronic kidney disease of stage 3 or greater, heart failure, active cancer treatment, inflammatory bowel disease, etc.), Consumption of supplements that may interfere with vascular response or gut microbiome, Use of statin drugs for cholesterol lowering.
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Locations (1 total)

Ragle Human Nutrition Center, UC Davis campus, Davis, California, United States