

Diet and Cardiometabolism in Rosario

NCT07247487

Status RECRUITING
Sponsor Universidad del Centro Educativo Latinoamericano
Enrollment 105 participants

Key Eligibility Criteria

Inclusion (5)

- Adults aged 18 to 65 years.
- Residence in the city of Rosario or surrounding areas.
- Without major diseases.
- BMI ≥ 18.5 and < 30 .
- Adherence to a vegan, vegetarian, or omnivorous diet for at least 1 consecutive year at the time of recruitment.

Exclusion (8)

- Acute or chronic diseases (cancer, infections, heart disease, or others), gastrointestinal disorders affecting diet, diabetes mellitus, chronic kidney or liver disease, or any other condition that could affect study outcomes.
- Food allergies or intolerances that substantially affect the individual's usual diet.
- Pregnant or breastfeeding women.
- High-performance athletes (> 15 hours per week of high-intensity physical activity).
- Problematic use of alcohol or other drugs.

... and 3 more (see full listing online)

Locations (2 total)

Consultorios Prisma, Rosario, Santa Fe Province, Argentina
Universidad del Centro Educativo Latinoamericano, Rosario, Santa Fe Province, Argentina