

Pistachio Snacking and Metabolic Flexibility

NCT07340125

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of South Carolina
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (7)

- Males and Females
 - Age: 25-45 years
 - Overweight or obese (BMI=25.0-34.9 kg/m²)
 - Poor sleep quality (Pittsburgh Sleep Quality Index e 5)
 - Healthy (no diagnosed metabolic, cardiovascular, sleep, or other health condition that may significantly alter metabolism, sleep, or ability to participate in the exercise test)
- ... and 2 more (see full listing online)

Exclusion (6)

- Allergies to nuts, especially tree nuts
 - Has a pacemaker
 - Following a diet that is restrictive or eliminates certain food group/types
 - Self-reported health or disease state that may influence study outcomes, including known metabolic or endocrine disorder (e.g. prediabetes, type 1 or type 2 diabetes, or polycystic ovary syndrome), cardiovascular diseases, neuromuscular disorders, musculoskeletal disorders; current or recent history of cancer/cancer treatment (within the past year)
 - History of gastrointestinal surgery, hysterectomy
- ... and 1 more (see full listing online)

Locations (1 total)

Public Health Research Center: Clinical Exercise Research Center, Columbia, South Carolina, United States