

Effect of a High-Protein, High-Fiber Pre-Fast Meal on Satiety and Glycemic Profiles During Fasting

NCT07447505

Status	RECRUITING
Phase	Not Applicable
Sponsor	King Faisal University
Enrollment	38 participants

Key Eligibility Criteria

Inclusion (3)

- Adults aged 18 years and older
- Willingness to comply with study procedures, including fasting and continuous glucose monitoring
- Ability to provide informed consent

Exclusion (5)

- Diagnosed diabetes mellitus or known metabolic disease
- History of cardiovascular, gastrointestinal, or endocrine disorders that may affect study outcomes
- Use of medications known to affect glucose metabolism or appetite
- Pregnancy or lactation
- Known allergy or intolerance to any study meal components (oats, dairy, peanuts, nuts, cranberries)

Locations (1 total)

King Faisal University, Al-Ahsa, Eastern Province, Saudi Arabia