

Can Personalised Digital Feedback Help Increase Plant Food Intake?

NCT07478068

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Bath
Enrollment	315 participants

Key Eligibility Criteria

Inclusion (8)

- Healthy males and females, age at start of the study e 18 and d 45 years;
- Non-rejectors of Knorr (due to the recipes in the PDP application);
- Currently cooking or intending to cook (*themselves or partner) at least one main meal at home for at least five days a week;
- Indicated desire to eat more vegetables;
- In possession of an Android or iOS-based smartphone;
- ... and 3 more (see full listing online)

Exclusion (12)

- High reported baseline veg intake (participants need to self-report less than 50% of the UK rec / self-reported intake above the UK adult average (206 g/2.6 servings));
- Reported participation in another nutritional or biomedical trial within 1 month before the screening or during the study;
- Planned frequent travel (>2/month) and travel to countries with time zone >GMT +04:00 during the study period;
- Habitual consumption of >14 units (female participants) and >21 units (male participants) alcoholic drinks in a typical week;
- Reported start or change in use of any nicotine containing products directly preceding the study or during the study itself;
- ... and 7 more (see full listing online)

Locations (1 total)

Univeristy of Bath, Bath, Somerset, United Kingdom