

Research participants needed for a study on the post meal effects of eating a beef burger vs. a plant-based burger on blood fat and sugar levels

We are looking for males and females aged 18+ years and with a body mass index (BMI) of 25 or greater for a research study on the post-meal blood response of consuming a beef burger vs. a plant-based burger on blood fat and sugar levels.

You can calculate your body mass index (BMI) with one of the following equations to see if your BMI is 25 or greater:

$$\text{BMI} = (\text{weight in pounds}) / (\text{height in inches} \times \text{height in inches}) \times 703$$

OR

$$\text{BMI} = (\text{weight in kilograms}) / (\text{height in meters} \times \text{height in meters})$$

The study involves about 14 hours of in-lab testing over 3 days. The study will involve consuming plant-based burgers on one day and regular beef burgers on a different day. Fingertip blood sampling will be collected for 6 hours after consumption of the burgers to measure blood sugar and fat levels.

Compensation will be provided for this time commitment.

If interested, please contact:

Ste Traxler, Ph.D.
Postdoctoral fellow
College of Kinesiology
University of Saskatchewan
Phone: 966-1186 (please leave a message) or email:
ste.traxler@usask.ca

This study has been approved by the University of Saskatchewan Biomedical Research Ethics Board



UNIVERSITY OF SASKATCHEWAN
College of Kinesiology
KINESIOLOGY.USASK.CA



UNIVERSITY OF SASKATCHEWAN
**College of Pharmacy
and Nutrition**
PHARMACY-NUTRITION.USASK.CA