PARTICIPANTS NEEDED!
Interested in getting involved in a study investigating fats and appetite?

- **Three visits** in total, no more than **4 hours** per trial. Compensation of **£30 Amazon Vouchers** for completing the study.

- Participants must be aged **18-60** and **non-smokers**. They must not be currently trying to **lose or gain weight**, be **vegan** (due to the foods provided in this study), or **anaemic**.

- You will need to be fasted from the night before and be prepared for us to take **6 blood samples** per trial (via cannulation, so only **one needle**)!

- We will measure **energy intake**, **feelings of appetite**, **gastric emptying**, and **appetite hormone** response.

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‘A comparison of the satiating properties of medium chain triglycerides and conjugated linoleic acid in lean and obese participants’

‘Lean’ individuals are classified as those with a Body Mass Index (BMI) of 18.5-24.9 kg/m². ‘Obese’ are those with a BMI of 30-40 kg/m². You can calculate this yourself by dividing your weight (kg) by your height (m) squared. Alternatively, we can measure this at the screening.

**Contact**

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