The Bean Study

Adults (≥18 years) with elevated LDL cholesterol (3-5 mmol/L) are needed for a nutrition study to examine the cholesterol-lowering effects of beans.

This study will involve:

- **1 screening phone call** (5-10 min)
- **1 screening study visit** (30-45 min; includes LDL cholesterol test)
- **1 study orientation** (30-45 min)
- **Three 4-week treatment periods which will each involve:**
  - Three study visits (30-45 min)
  - Body measurements (start, middle and end)
  - Fasting blood sample and fecal sample (start and end)
  - 3-day food record (once in the middle)
  - Appetite and tolerance survey (5 days on 3 occasions)
  - Study treatment consumption log (every day)

****Financial Compensation Provided****

This study is being conducted by the Department of Human Health and Nutritional Sciences and has received clearance from the University of Guelph Human Research Ethics Board (REB#18-10-045)

If you are interested, please contact

519-824-4120 x58081 or beans@uoguelph.ca

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