

# PARTICIPATE IN A RESEARCH STUDY



**Dr. Jamie Cooper in the Department of Nutrition, Hospitality & Retailing at TTU is studying the effect of high fat meals on metabolism and level of hormones that control appetite**

**Needed: Females, ages 18-45, of all body shapes and sizes (Plus sizes preferred)**

The study requires a total of three (3) visits and each visit takes about 7 hours  
You will be compensated \$25 for each study visit.

### **Requirements at each visit:**

- Height, weight, body fat percentage and resting metabolic rate will be taken
- Blood will be drawn
- You will drink a high fat liquid meal. Either high in polyunsaturated, monounsaturated or saturated fat
- Eating a buffet-style lunch

### **What you will gain from the study:**

- Learning your body fat percentage and how many calories you burn at rest

**Contact Jada Stevenson MS, RD, LD at [jada.stevenson@ttu.edu](mailto:jada.stevenson@ttu.edu)**



scan the code with your smartphone  
or search "TTU Human Nutrition lab Research-  
Fat oxidation and satiety study" on facebook

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