



VOLUNTEERS NEEDED!!

We are currently recruiting participants for our study, “Beef protein intake, physical activity, and muscle quality in middle-age” and seeking healthy men. Participants should be non-smokers.

We are conducting research to find out if certain proteins in foods have a greater impact on healthy muscle than others.

- Need 50 men aged 40-65;
- You will be asked to fill out health screening forms and food diaries of your normal and day-to-day eating patterns;
- You will be asked to complete exercises and tests of the muscles of your leg, ultrasound images, weight, and height.

Participants will receive an incentive payment of **\$90.00**.

Eligible men must be healthy and not have any health issues (such as being at increased risk for or have diabetes, uncontrolled hypertension, significant orthopedic conditions, neuro-muscular diseases, or current diagnosis of cancer); eligible men are able to complete normal day-to-day activities (such as walking and other leisure activities).

To see if you are at an increased risk for diabetes, complete this short test:

[https://www.ndsu.edu/fileadmin/hnes/Research_projects_docs/Test - Study Specific Prediabetestest-1.pdf](https://www.ndsu.edu/fileadmin/hnes/Research_projects_docs/Test_-_Study_Specific_Prediabetestest-1.pdf)

If you qualify for the study, and if you complete the required forms, you will learn about the nutrient breakdown in your diet: each participant will receive a report card explaining their average intake of calories, protein, fat, carbohydrate and other nutrients. You will also find out how much of your body mass is attributed to muscle. However, you may not get any benefit from being in this research study.

This research is conducted under the direction of Dr. Sherri Stastny and Dr. Kyle Hackney in the Department of Health, Nutrition and Exercise Sciences, along with colleagues. This study has been approved by the NDSU Institutional Review Board HE27460. Please email or call Dr. Stastny at sherri.stastny@ndsu.edu or 701-231-7479 for questions.

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