

How Do Processed Foods Affect Your Health?



Researchers at the National Institutes of Health (NIH) in Bethesda, Maryland, are seeking healthy adult volunteers, 18-50 years old, to participate in a study looking at how processed and unprocessed food affects energy intake and metabolic health. Participants will be required to remain in our hospital for one 4-week stay and eat only the food provided by the NIH. Participants will also be required to exercise daily at a moderate pace. Compensation is provided.

The study involves:

- One outpatient screening visit, which includes a medical history and physical examination
- Inpatient stay at the NIH Clinical Center for a total of 29 days, including:
 - Daily exercise of moderate intensity on a stationary bicycle
 - Completion of questionnaires
 - Blood work, urine collection
 - MRI/MRS scan, DXA scan (body composition)

The NIH Clinical Center, “America’s Research Hospital” is located in Bethesda, Maryland on the Metro red line (“Medical Center” stop).

NIH Clinical Center Office of Patient Recruitment

1-800-411-1222

TTY- 1-866-411-1010

online, <https://go.usa.gov/xn7BB> Refer to study # 18-DK-0044



NIH National Institute of
Diabetes and Digestive
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