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FOODS FOR HEALTH INSTITUTE

Dairy Fat Inflammation Study Phase II

Who is conducting this Study? This study led by Angela Zivkovic Ph.D. and Jennifer Smilowitz Ph.D., and colleagues at the UC Davis Foods for Health Institute, Food Science and Technology and Entomology departments and the USDA Western Human Nutrition Research Center is part of the **Milk Bioactives and Metabolic Phenotype Programs.** This study has been reviewed and approved by the UC Davis Committee for the Protection of Human Subjects.

What is the purpose of the study? The purpose of this clinical study is to test the effect of consuming different cheeses on the fats in your blood that influence inflammation.

Who can participate? We are looking for men and women 18-65 years old, with a body mass index (BMI) equal or greater than 30 OR have 2 of any of the following: high fasting blood triglycerides, glucose; low HDL, a large waistline, or high blood pressure.

Who is NOT eligible to participate?

- Individuals who use tobacco products
- Individuals who are lactose intolerant and/or allergic to dairy
- Individuals who are pregnant or lactating
- Individuals with a known presence of gastrointestinal/malabsorption disorders or autoimmune disease
- Individuals taking prescription or over-the-counter medications that include corticosteroids, oral contraceptives, medications for weight loss, immune-suppressants, amphetamines; fish, flax seed, or evening primrose and borage oils

What is expected of me during the study?
Each participant will be tested on two separate days spaced apart by 1-2 weeks.

Before each test:
Each participant will fill out a dietary/health questionnaire and receive a study calendar with questions regarding diet and exercise prior to each test date. The day before each test day, participants will be asked to refrain from consuming a list of dietary ingredients and engaging in exercise which have been found to influence inflammation.
On each test day:
On the morning of each test day, participants will arrive to the USDA Western Human Nutrition Research Center (430 West Health Sciences Drive) at the UC Davis campus after a 12-hour fast. A fasting blood draw will be taken followed by consumption of a cheese or cheese-alternative sandwich with a supplemental drink. Participants will be asked not to eat anything throughout the 7-hour test day but will be provided with ample bottled spring water. Participants will arrive to the USDA Western Human Nutrition Research Center at 1, 3, and 6 hours after consumption of the sandwich to have three additional blood draws taken. Participants will be asked to provide 4 urine samples during the same time points as the blood draws. The phlebotomist on the study is highly skilled. Participants will be asked to not engage in any exercise, including running, biking, or walking long distances during the test day.

How will I be compensated?
Upon completion of the 2 test days, participants will receive a $40 gift card for Safeway. In addition, participants will receive information on their fasting lipid profile, glucose, and insulin as well as information on their bone mineral density and nutrient content.

If you have any questions or interested in being screened for this study, please call the Project Coordinator, Nancy Rivera **(888) 217-5355** or email at: ucdavis.ffhi.clinicalstudies@gmail.com

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