



## Are you 60+? Want to take part?

University Dublin College in collaboration with **Food for Health Ireland** is carrying out an important study into healthy ageing.

We are investigating the effect of a novel protein supplement on appetite in **60+ adults**.



## Research team



### Researcher

Mr. Luccas de Faria  
BSc & MSc



### Researcher

Ms. Lisa Vigo  
BSc & MSc



Dr. Katy Horner  
PhD & RNutr



 [pro.nutrition@ucd.ie](mailto:pro.nutrition@ucd.ie)

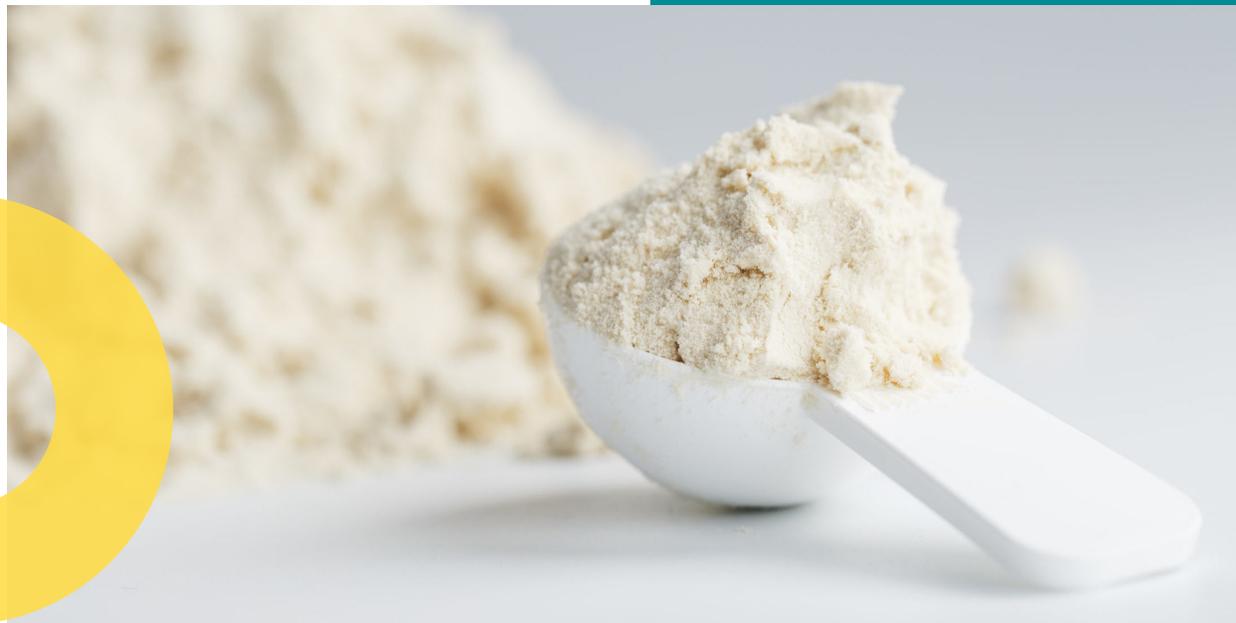


## study's brochure

*Effect of a novel protein supplement  
on appetite in older adults*

# pro nutrition study

## in search of a healthy ageing



## Why is it important?

Reduced appetite can occur with ageing and is linked to a higher risk of undernutrition, poorer physical function and becoming frail.

Strategies to increase appetite are needed to improve healthy ageing.

By studying this nutrition supplement in older adults, this will help to provide greater information on possible nutrition strategies to improve health in older adults.

## What is this supplement?

This study follows on from previous work which has found a novel ingredient in whey protein (derived from whole milk) that may help to increase appetite and energy intake.

Are you interested?  
**Contact us!**

## What's involved?

The study involves 3 visits to UCD and...



All meals will be provided. That is: breakfast, lunch, dinner and a snackbox



A nutritional food supplement is given twice on each day



Blood will be collected by a trained phlebotomist



We will ask you to rate your appetite perception



Some important health related aspects will be assessed



By partaking in this research you will be compensated for your time

## Contacts



089 22 5 88 77



**pro.nutrition@ucd.ie**



Institute for Sport and Health (UCD),  
Richview Newstead (block C), Belfield, Dublin