

 **VOLUNTEERS AGE 30-75 YEARS OLD, NEEDED**

**FOR A NUTRITION STUDY AT USDA**

**on Tomato Juice for Health**

If you are an adult aged 30-75 years old, you may be eligible for a study of tomato juice with soy and health. During this 14 week study, you will eat your own diet, avoiding certain foods, and you will be given tomato juice with soy to drink for 8 of the 14 weeks, with visits to the Nutrition Center about once/week. There will be four 24-hour urine collections running from Sunday morning to Monday morning and 5 blood draws. Some volunteers may not be eligible, as described below. Renumeration will be provided for those who are found eligible and complete some or all of the study procedures satisfactorily.

**To be considered for the study**, you must meet with study staff to review the study procedures and consent form and then schedule a screening meeting if you are still interested. Staff meeting times will be held as follows:

  ***TBA at 7AM***

 ***TBA at Noon***

 ***TBA at 5PM***

Meetings with study staff will be in USDA Building 307B on Center Road in Beltsville, MD. No appointment is necessary, but we ask that you come during the designated times.

**For more information**

* CALL (301) 504-5454 (messages checked once/day; messages returned within 3 days)
* EMAIL volunteers@ars.usda.gov (messages checked twice daily; messages returned within 2 days)

If any of the following apply to you, you will not be eligible to participate:

* BMI less than 30 or more than 45 kg/m2 (BMI must be between 30 & 45, see chart below)
* Known allergy or intolerance to tomatoes or soy
* Blood plasma glucose > 125 mg/dL or diabetes requiring the use of pills, insulin, or shots
* Blood plasma/serum triglycerides > 250 mg/Dl • Blood plasma/serum cholesterol > 240 mg/dL
* Gastrointestinal surgeries or disorders affecting digestion
* Presence of autoimmune disease, metabolic disease, liver disorders, kidney disorders, or certain cancers
* Daily use of anti-inflammatory drugs or use of antibiotics over the previous 3 months
* Colonoscopy within 1 month of study start date or during the study
* Use of a carotenoid or isoflavone-containing or metabolism-altering supplement for the last 1 month, tobacco products, or medications that may interfere with the study objectives

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI** | **<29** | **30** | **31** | **32** | **33** | **34** | **35** | **36** | **37** | **38** | **39** | **40** | **41** | **42** | **43** | **44** | **45** | **>46** |
| *Height* | *Weight in Pounds* |
| 4’10” | <138 | 143 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 | 205 | 210 | 215 | >220 |
| 4’11” | <143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 212 | 217 | 222 | >227 |
| 5’ | <148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 | 220 | 225 | 230 | >235 |
| 5’1” | <153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 208 | 211 | 217 | 222 | 227 | 232 | 238 | >243 |
| 5’2” | <158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 240 | 246 | >251 |
| 5’3” | <163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 | 242 | 248 | 254 | >259 |
| 5’4” | <169 | 174 | 180 | 186 | 192 | 197 | 204 | 209 | 215 | 221 | 227 | 232 | 238 | 244 | 250 | 256 | 262 | >267 |
| 5’5” | <174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 | 258 | 264 | 270 | >276 |
| 5’6” | <179 | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 | 266 | 272 | 278 | >284 |
| 5’7” | <185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 | 261 | 268 | 274 | 280 | 287 | >293 |
| 5’8” | <190 | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 | 269 | 276 | 282 | 289 | 295 | >302 |
| 5’9” | <196 | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | >311 |
| 5’10” | <202 | 209 | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 | 299 | 306 | 313 | >320 |
| 5’11” | <208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 286 | 293 | 301 | 308 | 315 | 322 | >329 |
| 6’ | <213 | 221 | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 309 | 316 | 324 | 331 | >338 |
| 6’1” | <219 | 227 | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288 | 295 | 302 | 310 | 318 | 325 | 333 | 340 | >348 |
| 6’2” | <225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 | 334 | 342 | 350 | >358 |
| 6’3” | <232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 | 343 | 351 | 359 | >367 |