The Habitual Diet and Avocado Trial is seeking volunteers (HAT Study)

**Purpose:** This is a nutritional study that examines the effect of avocados on abdominal fat and health outcomes related to cardiovascular disease.

**You may qualify if you meet the following criteria:**
- 25+ years old
- Increased waist circumference (≥35 inches for women, ≥40 inches for men)

**Procedures and Compensation:**
- 6 month study
- You will be given one avocado per day to eat with your usual diet or you will follow your usual diet
- Measurements of abdominal fat, vascular health, and blood markers (cholesterol, glucose) at the start of the study, week 12 and week 26
- Participants will be compensated up to $350

**INTERESTED?**
Please call 310-206-2962 or email DOMCHN@mednet.ucla.edu, mention the Avocado Study, and leave your name and number.

This research study is being conducted by Zhaoping Li, MD, PhD and has been approved by the Institutional Review Board.