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 - 10 in-person visits
- You will be given one avocado per day to eat with your usual diet or you will follow your usual diet, avoiding avocados.
- Measurements of abdominal fat, vascular health, gut microbiota, and blood markers three times throughout the study
- Up to $550 compensation

**INTERESTED?**

Please call 310-206-2962 and leave your name and number or email uclahealthyavotrial@gmail.com.

As the confidentiality of emails cannot be guaranteed, do not include any sensitive information in your email if you choose to respond by that method.

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