Comparing nutrient intake across vegetarian, vegan and omnivorous diets

This research project aims to investigate nutrient intake of people following a vegetarian, vegan or omnivorous diet and its link to differences in taste perceptions.

We are looking for participants

- Healthy individuals following either vegan, or vegetarian or omnivorous diet
- Females
- NZ European
- Aged from 18 -45 years old

Exclusion criteria:

- Having any chronic disease (e.g., diabetes, ulcerative colitis, neurological diseases etc.)
- Having known taste impairments
- Pregnant
- Smoker

You will be asked to complete a food record survey at your home within four days.

At the end of the study,
Participants within each group will go into a draw to win one of two
$50 vouchers
(6×$50 supermarket vouchers in total)

If interested please contact Nassim J. Mozhdehi at Department of Food Science at
Foodpref.survey@otago.ac.nz

[This project has been reviewed and approved by Department of Food Science, University of Otago. D20/138]

Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**	Dietary intake Survey **Foodpref.survey@otago.ac.nz**