

**FREE,
DELICIOUS,
HEALTHY
MEALS FOR
UP TO
20 weeks !**

COME AND JOIN

**THE ASIA-MEDITERRANEAN DIET STUDY
TO IMPROVE WOMEN'S HEALTH TOGETHER!**

OVERVIEW

Study Focus: 20-week dietary intervention research targeting cardiometabolic health in Chinese women

Meal Provision:

- Enjoy **FREE**, delicious, and healthy meals — all provided for up to 20 weeks (worth SGD 1,800)!
- Fresh lunches and dinners to pick-up on campus

Participants will receive cash reimbursement and assessments of body composition and bone health as a token of our appreciation for their time and effort.

MAIN ELIGIBILITY CRITERIA

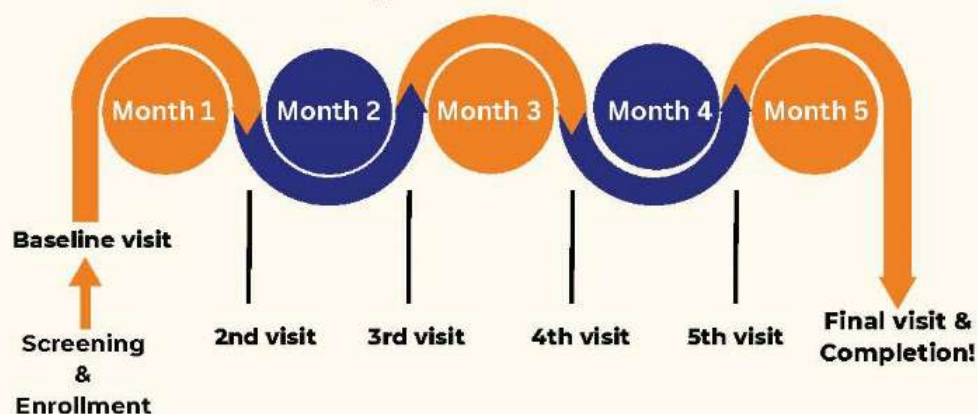
- Chinese females aged 21-50 years with BMI 23.0 — 37.5 kg/m²
- Singapore citizens, PRs, or long-term pass holders intending to reside in Singapore for 6 months from enrollment
- Not planning to leave Singapore for more than 2 consecutive weeks once enrolled
- Able to complete questionnaires in English
- Not currently pregnant, breastfeeding, or planning to conceive in next 12 months
- Not currently smoking
- No history of major chronic diseases, major infectious diseases, major surgeries, or major mental health conditions.
- No known food allergies/intolerance, nor any dietary restrictions

Study Procedures:



- Questionnaires
- Continuous glucose monitoring
- Blood, urine, stool sample collection
- Body measurements and scans

Participation Timeline



Gut Health

Heart Health



Brain Health

Register your interest and find more details by scanning the QR code. For inquiries or additional information, please kindly contact us at Ameal.enquiry@nus.edu.sg or call +65-8268 5947. Thank you!

