**Healthier beef" Indentification of the healthiest beef meat (KPN, Food Fund Agreement), with the sub-project "Improved beef meat through feeding"**

Project No:224794/E40

Project title: Identification of the healthiest beef meat

Project leader: Professor Bjørg Egelandsdal

Project manager for the human intervention (work package 4): Professor Anna Haug

## REQUEST FOR PARTICIPATION IN THE RESEARCH PROJECT

# CLINICAL INTERVENTION TRIAL: HEALTHIER BEEF, 2017.

This is a question for you to participate in a research project to investigate whether beefmeat from ordinary Norwegian herds with a high content of some fatty acids, vitamins and minerals has an impact on health compared to ordinary beefmeat. You have been selected because we want young people in good health as participants. NMBU is responsible for the survey, and it is funded through a project from the Research Council of Norway

## WHAT DOES THE PROJECT MEAN?

Prosjekter innebærer at du skal spise 100 gram oksekjøtt hver dag i 28 dager. Kjøttet kan spises i løpet av Day. Many people may want to eat it in two meals, for example for lunch and for dinner. Blood sample, urine sample, faeces sample, blood pressure and registration of height and weight will be taken before and after these days. The samples will be taken at a doctor's office in Ås centre (Moerveien Medical Centre, Moerveien 14, 1430 Ås, 64974480). The approximate time consumption of the sampling in total is 3 hours. People who use vitamin/mineral supplements or cod liver oil cannot participate in the study.

In the project, we will collect and record information about you. We will ask you to answer a questionnaire about your lifestyle habits, and we will get analysis answers at the level of common substances found in blood, urine and faeces. The information and test results will only be used in this experiment and will not be collected but official registers (e.g. Cancer Registry, Prescription Register, etc.)

## POSSIBLE PROS AND CONS

Benefits are that you get an insight into what it is like to participate in a clinical intervention trial, you get free beef for 28 days, and you get a gift card of 500 kr after the last sample is taken. Disadvantages are that you have to eat beef every day while the experiment is going on and that you need to give up blood, urine and faeces samples.

## VOLUNTARY PARTICIPATION AND THE POSSIBILITY OF WITHDRAWING THEIR CONSENT

Participation in the project is voluntary. If you wish to participate, sign the declaration of consent on the last page. You may withdraw your consent at any time without giving any reason. If you withdraw from the project, you can demand that samples and information collected be deleted, unless the information has already been entered into analyses or used in scientific publications. If you later wish to withdraw or have questionsabout the project,you can contact Anna Haug, tel. 99253637, anna.haug@nmbu.no

## WHAT HAPPENS TO YOUR INFORMATION?

The information registered about you should only be used as described in the purpose of the study. You have the right to access what information is registered about you and the right to have any errors in the data registered corrected.

All information will be processed without a name and national identity number or other directly recognizable information. A code links you to your information through a list of names.

The project manager is responsible for the day-to-day operation of the research project and that information about you is processed in a safe manner. Information about you will be anonymized or deleted no later than two years after the end of the project.

## WHAT HAPPENS TO SAMPLES TAKEN BY YOU?

The samples taken by you should be analyzed by various laboratories for common metabolites and fatty acids, vitamins and minerals in blood, urine and faeces. After the samples have been analysed and the data have been assessed, the samples will be destroyed.

# GENETIC EXAMINATIONS

## WHAT KIND OF INFORMATION CAN THE GENETIC STUDIES IN THE PROJECT PROVIDE?

It will be analyzed on gene expression for inflammation markers. This will not involve any risk, or any need for feedback to the participants in projectet.

## INSURANCE [DESCRIBE WHAT IS RELEVANT]

There is no separate insurance coverage for the sampling in this project.

## APPROVAL

The project has been approved by the Regional Committee for Medical and Health Research Ethics, case no. 100. at REK 2016/620.

# CONSENT TO PARTICIPATE IN THE PROJECT

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## I AM WILLING TO PARTICIPATE IN THE PROJECT

I AM WILLING TO PARTICIPATE IN THE PROJECT

Location and date

Deltaker's signature

Deltakers navn med trykte bokstaver

I confirm that I have provided information about the project

Location and date

Signature

Role in project