



## DAIRY FOOD STUDY PARTICIPANT INFORMATION SHEET

Hi, my name is Prof Eileen Gibney and I am a researcher in UCD in the School of Agriculture and Food Science. I would like to thank you for your interest in this study. Here is some further information on what the study will entail.

### What is this research about & why are we doing it?

Recent studies have demonstrated that grass-fed dairy foods (e.g. milk, butter, cream) provide a more favourable nutrient profile in terms of fatty acids and several antioxidants, in comparison to non-grass-fed dairy foods. However, previous studies have explored this in milk and cheese only. This considered, the beneficial effects of grass-fed dairy in the context of whole-milk powder (WMP), in comparison to total mixed ration (TMR), or grain-fed WMP are unknown. This study will explore the effect of grass-fed vs TMR WMP on circulating fatty acids, vitamins, and markers of metabolic health in a population of healthy adults aged 20-60 years. This research will help us to further understand how feeding regimes can affect dairy produce, with the interest of improving the nutrient profile of dairy foods to improve health outcomes.

### What will the study involve?

Initially, you will be sent a screening questionnaire on your general health, and if you are eligible you will be invited for a visit to the UCD volunteer suites and first assigned to one of two test diets: grass-fed WMP or TMR WMP. You will complete a total of 4 visits to the UCD volunteer suite, completing 2 dietary intervention phases (6 weeks each), with a 4-week wash-out period between. (See below for more on Covid-19 safety.)

### First visit

During your first visit, we will take a number of body measurements. This includes weight, height, waist and hip circumferences, and body fat (using a set of body fat analyzer scales). A nurse who is trained to take blood will take a fasting blood sample, for baseline tests. The amount of blood taken for the baseline and post-intervention tests is approximately 30mls. You will also be asked to provide a urine sample the morning of each visit. You will be asked questions about your dietary intake through a web-based dietary intake tool called Foodbook24. At the end of your first visit, you will then be given your test foods (WMP), in portioned packs, with instructions on how to consume these, for the next 6 weeks..

**During the 6 weeks**, you will complete more dietary assessments (as before) using dietary intake software (FoodBook24), and you will also be asked to record details on your compliance. In other words, you will write down how much of the test diet you ate each day.

**At the end of the 6 weeks**, you will return to the volunteer suite, and will complete the same baseline tests as you did at your first visit– a dietary assessment, body measurements, a blood test, and a urine sample.

You will then undergo a **4-week washout period** before beginning the second 6-week intervention phase. A washout period is simply a break from the intervention between the two treatments. During the washout period you will not have to consume any of the study diets for 4 weeks, so essentially a little break in the middle of the study. This ensures that effects from the first intervention phase are not carried over to the next intervention phase. The second intervention phase will involve the same steps and measurements as before, but you will be on the alternative test diet. This will involve a further 2 visits to the intervention suite, one before beginning the test diet and one after completion of the test diet, as before.

### How will your data be used?

Your data will be used to determine the effect of grass-fed vs TMR WMP on circulating fatty acids, vitamins, and aspects of metabolic health. This data may be published in the form of one or more scientific papers. You will be assigned to a study code number, and this code will be used to input the data generated from the study, together in a secure password-protected database, where it will be stored safely for up to ten years. None of your details will be shared with any third parties.

### What will happen if you decide to take part?

If you decide to take part, a researcher will be in contact with you to explain the study and to give you a screening questionnaire to complete. If you are eligible, you will be invited to enroll and you will be given a consent form to sign. Then we will arrange a suitable time and date for you to visit our volunteer suite for your first visit.

### What are the benefits of taking part?

There are no known benefits of taking part. However, you will be contributing to important research.

### What are the risks of taking part?

There may be some slight discomfort in providing blood samples, but this will be done by trained and experienced professionals and will involve a small amount of blood (less than a blood donation). There is also a potential risk of tiredness after giving blood.

### Expenses

Receipted travel expenses (buses, etc) will be reimbursed. Please keep your tickets/receipts as we cannot provide you with a reimbursement without them.

### Can I change my mind at any stage and withdraw from the study?

Absolutely. You are **free to withdraw from the study at any time**. If you change your mind at any point, you may withdraw at any stage throughout the study and are under no obligation to complete it. If you would like any more information on this study, please contact us on [cheesestudy@ucd.ie](mailto:cheesestudy@ucd.ie). If you would like to participate in this study please go to [cheesestudy.ie](http://cheesestudy.ie) to complete a short screening questionnaire.

### What safety measures will be taken to protect me from Covid-19?

Participant and staff safety is our number one priority. We have implemented a number of safety measures in accordance with public health guidelines published by the HSE and aligned with the Covid-19 Response Plan from UCD.

This study has been reviewed and updated to ensure social distancing measures for participants and staff are adhered to and the appropriate hygiene facilities are readily available. During participant visits, staff will also wear the appropriate PPE to further protect against the spread of the virus.