

Effects of increased egg consumption as part of a weight-reducing diet on blood cholesterol and related biomarkers of coronary heart disease risk

Submission date

22/09/2005

Recruitment status

No longer recruiting

Registration date

05/10/2005

Overall study status

Completed

Last Edited

13/10/2009

Condition category

Nutritional, Metabolic, Endocrine

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Study objectives

1. Consumption of 2 eggs per day for 12 weeks will produce no significant effect on plasma cholesterol and other related biomarkers of CHD risk when accompanied by weight-loss induced by an energy-restricted diet
2. That egg consumption will promote greater weight-loss with an energy-restricted diet than an energy-restricted diet alone

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics committee (ref: EC/2004/109/SBMS)

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Overweight

Interventions

Test group: 2 small eggs/day + energy-restricted diet (~500 Kcal/day following British Heart Foundation [BHF] guidelines).
Control group: energy-restricted diet alone.
12 week intervention.

Intervention Type

Drug

Phase

Not Specified

Drug/device/biological/vaccine name(s)

Eggs

Primary outcome(s)

1. Total plasma cholesterol
2. Low-density lipoprotein (LDL) cholesterol
3. Body weight

Key secondary outcome(s))

Plasma cholesterol precursors (mevalonate and lathosterol) and plant sterols (beta-sitosterol and campesterol) as markers of cholesterol synthesis and absorption respectively

Completion date

01/04/2006

Eligibility

Key inclusion criteria

1. Healthy adult male and females aged 18-55 years
2. Body Mass Index (BMI) that classifies them as being overweight >25, <40

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

55 years

Sex

All

Key exclusion criteria

1. BMI >40 (morbid obesity)
2. Total plasma cholesterol >6.5 mM
3. No prescribed medication
4. No dietary supplements including 'cholesterol-lowering' foods (e.g. benecol or flora proactive) or existing diets or having lost >3 kg in preceding 2 months

Date of first enrolment

01/05/2005

Date of final enrolment

01/04/2006

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
School of Biomedical & Molecular Sciences
Guildford
United Kingdom
GU2 7XH

Sponsor information

Organisation
British Egg Information Service (UK)

ROR
<https://ror.org/02an8as91>

Funder(s)

Funder type
Other

Funder Name
British Egg Information Service (UK)

Funder Name
University of Surrey (UK) - Finance Office, RC4022

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/09/2008		Yes	No