



Researchers at Beth Israel Deaconess Medical Center are conducting a research study to learn about

Fruit Intake and Health Outcomes in Older Adults

The BnD (Blueberry and Date) Study looks at the clinical outcomes of 12 weeks of daily blueberry consumption versus dried date consumption in women and men 70 years or older.

Eligible participants who decide to take part in the research study can expect to:

- Consume 1 serving of frozen blueberries **OR** dried dates every day for 12 weeks
- Attend a screening visit and 2 study visits to complete questionnaires, physical function and cognitive activities, physical measurements, heart and blood pressure monitoring, and 2 separate fasting blood draws

Participants will receive:

- Compensation up to \$90 for completing the study
- Reimbursement for travel to blood draw appointments at no cost to you

This study may be a good fit for you if:

- You are 70 years of age or older
- You are willing and able to come to the Coolidge Corner area in Brookline, MA for study visits
- You are interested in participating in a research study that will contribute to the knowledge of nutrition and health outcomes in older adults

Other important information:

- All study assessments will take place at Center Communities of Brookline (CCB) in Brookline, MA. Blood draws will take place at Beth Israel Clinical Research Center by a registered phlebotomist.
- Participation will last about 12 weeks after full enrollment
- All study visits are conducted in English only
- Principal Investigator: Dr. Kenneth Mukamal

Beth Israel Deaconess
Medical Center



For more information or to take part in this research study, please contact the Clinical Research Coordinator:

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