

Scarborough Fair study design

150 women (≥ 5 yrs PM) recruited through advertisements/fliers in local newspapers/magazine and workplaces.

Phone/email inquiry from potential participants/. Information sheet emailed/posted.

Phone response from women -clarification of queries
Screening questionnaire administered
Participants eligible for study emailed/posted consent forms and 3 Day Diet Diary information and instructions for first visit.

Week 1 of study

1st visit to Human Nutrition Research Unit for both intervention and control groups

Randomisation of intervention group into group A and B

Double check consent form signed and any queries answered

Fasted blood sample taken between 0700 and 1000hrs

(light breakfast provided)

Questionnaire regarding usual diet, lifestyle and nutritional knowledge

Dietary assessment (3 Day Diet Diary) reviewed with nutritionist (food portion size atlas)

Study dietary requirements reviewed with participants in intervention with demonstration of serving sizes and how to fill in weekly diary.

Anthropometric tests: weight, height, blood pressure, spot urine pH.

DEXA scan performed (first or second visit)

Participants willing to provide a 24 hour urine collection are given container with instructions (verbal and written). Pickup of 24 hour urine specimen

Researcher emailed participants fortnightly with general answers to any queries, tips, recipes etc appropriate to each group in the intervention arms of the study. Participants could email the researcher with a query and receive a prompt response (within 24 hours).

Week 6

Participants in the intervention arms of the study attend the clinic again for a fasted blood sample (0700 and 1000hrs) and for a 24 hour dietary recall with nutritionist.

Week 11

All participants contacted to complete second 3 Day diet diary to bring completed to their clinic visit the following week. Those who volunteered a first 24 hour urine collection reminded to commence another one 24 hours prior to attending final clinic visit.

Week 12/13

Final visit to Human Nutrition Research Unit for blood sample (fasted), 24 hr urine collection (light breakfast provided).

Anthropometric tests: weight, blood pressure, spot urine (pH). 3 DDD reviewed with nutritionist and final questionnaire for all participants.