

Call For Participants



Impact of Dietary Advice & Moderate Time Restricted Feeding on Health

10 week(s) to complete

Sincere Gratitude

Experiment

Liverpool Hope University
College, Hope Park, Taggart Ave,
Liverpool L16 9JD, UK

Liverpool Hope University

A 10-week moderate time restricted feeding trial with or without dietary advice. We are investigating the effects of daily extended fasting on weight, heart disease, appetite and diet quality. Time restricted feeding is a form of intermittent fasting which aims to combine daily feeding and fasting cycles with one's natural circadian rhythm. Current evidence suggests eating in alignment with circadian rhythms has significant effect on body weight, heart disease risk factors and appetite.

Find out more online

Poster printed on 18/09/2025

Study expires on 21/06/2020

More info

by scanning the QR code
or visiting the URL

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