



# MY PLANET DIET

## Participant Information Sheet

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

Researchers at the UCD Institute of Food and Health, UCC and Queen's University are looking at ways to develop dietary guidelines that will help to protect and promote health, as well as reduce greenhouse gas emissions, which is one of the contributors to environmental damage. We would like to explore whether a healthy diet that is also more climate-friendly is acceptable to a person like you. Our tests of this diet will also question whether it is capable of providing you with all of the nutrients that you need, in comparison to a healthy diet that does not take environmental impact into account. To do this, we will collect information on your dietary intake, analyse nutrient levels in your urine and blood, and take measurements such as your weight, height and blood pressure. The information collected in this study will be used to support the development of dietary guidelines that include sustainability considerations. We will share the outcomes of our studies with the Government and policy makers.

### What will the study involve?

Initially, you will be sent a screening questionnaire on your general health and diet. If you are eligible, you will be asked to read the study information leaflet and provide informed consent. Next, you will complete your first set of dietary questionnaires at home. These assessments will take place over one week. On three different days, you will be asked to record your diet over the previous 24 hours. Then you will be asked about the frequency of eating a list of foods and drinks, looking over the previous month. When you submit your questionnaires, the study team will schedule your first visit in UCD, UCC or Queen's.

### First visit:

You will be asked to fast overnight (no food or drink expect water). When you wake on the morning of your visit, you will be asked to collect a urine sample. Later than morning, you will attend the study site and the following assessments will take place:

- Body measurements such as weight, height and waist circumference will be recorded
- You will complete questionnaires on your diet and food waste
- A blood sample will be taken
- You will discuss the changes required to your current diet with the study nutritionist

### During the 12 weeks at home:

You will follow your new diet every day for 12 weeks. You will be asked to complete the dietary questionnaires again at the mid-way point (6 weeks) and before your final visit at 12 weeks.

A member of the study team will schedule a call with you every 3 weeks to ensure you are getting on ok.

### Final visit:

At the end of the 12 weeks, you will be asked to return to the study site for your final visit and the same assessments from the first visit will be repeated.

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

If you decide to take part, the first step is to complete the **screening questionnaire** (click on link below) at:

[www.myplanetdiet.ie](http://www.myplanetdiet.ie)

- A researcher will then contact you to let you know if you are eligible to take part
- They will answer any questions you may have and once you are happy, a consent form will be sent for you to sign
- You will then complete the first set of dietary assessment questionnaires at home
- A researcher will arrange a suitable appointment to carry out your first visit
- 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

### What are the benefits of taking part?

If you decide to take part, you will be contributing to research which aims to develop dietary guidelines to improve the health of our population and the planet. You will get feedback on your existing diet and will benefit from tailored nutritional advice from a qualified nutritionist. You will be provided with personalised resources and recipes to help you make the recommended changes.

### What are the risks of taking part?

There are no risks associated with following the diets in this study. There are some small risks related to blood collection. These include pain from the needle going through your skin, bruising, light-headedness, possible fainting, and rarely, infection. A fully trained individual will take the blood samples to ensure that any discomfort is kept to a minimum.

### 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 and ask questions at any time. If you would like any more information on this study, please contact your closest study site using the information below:

UCD: [myplanetdiet@ucd.ie](mailto:myplanetdiet@ucd.ie) (Dublin)

UCC: [myplanetdiet@ucc.ie](mailto:myplanetdiet@ucc.ie) (Cork)

Queen's: [myplanetdiet@qub.ac.uk](mailto:myplanetdiet@qub.ac.uk) (Belfast)



### 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 our Covid-19 Response Plan. This study will comply with public health measures such as social distancing. During participant visits, staff will also wear the appropriate PPE to further protect against the spread of the virus.