

Want nutrition advice on your diet? Help test our healthy eating app!

Closing date: Early Sept 2019



Use our healthy eating app (25-30 min) & receive **free nutrition advice about your diet** then repeat in 12 weeks' time. In this **online study**, you will also be asked for your opinions of the app.

We would like to hear from you if you are:

- 18 years & over
- Without food allergies/intolerances
- Not diabetic, pregnant or breast-feeding
- Not following a specialised diet, e.g. vegan, weight-loss or sports nutrition (vegetarians *can* take part)
- Not receiving diet advice, e.g. dietitian, nutritionist or medical professional
- Living in the UK

Participants will be entered into a **prize draw**

This study is being run by the **Hugh Sinclair Unit of Human Nutrition** & has been approved by the **University of Reading Research Ethics Committee**.



**University of
Reading**

**Website: eatwelluk.org
Email: eatwelluk@reading.ac.uk**