



Curtin University

INTERESTED IN ADVANCING THE USE OF TECHNOLOGY AROUND SPORTS NUTRITION AND GETTING FREE MEALS?

HELP US TO TEST A MOBILE FOOD RECORD APP!

Researchers from the Curtin School of Allied Health and Curtin School of Population Health at Curtin University are looking to find easier ways to assess what athletes eat using a mobile food record (mFR™) app and would like your help to test out the accuracy. Validating this method in athletes, the first time in this population, would be invaluable in improving access to high-quality energy intake data with applications to nutrition interventions and performance optimisation.

VOLUNTEERS REQUIRED

Trained cyclists, runners, triathletes, rowers, and swimmers aged 18 – 45 years (i.e., training > 3 times per week with the purpose to compete). You have access to a smartphone (Apple iOS or Android Operating System), and you don't have current dietary restrictions (e.g., known food allergies) and known disordered eating.

STUDY DETAILS

The study runs over a day and would involve attending 3 short visits of approximately 30-45 minutes at approximate meal times between: 7-9am, 12-2pm and 5-7pm. The study will take place in the School of Public Health, Curtin University (Building 400, Room 111) on weekdays or weekends.

MORE INFORMATION

Email us for more details about the study at fabricio.forchino@postgrad.curtin.edu.au or kagan.ducker@curtin.edu.au or contact Fabricio Forchino on 0479177795.

Recruitment commences July 2023.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HRE2023-0270).

SCAN TO FIND OUT MORE & LODGE YOUR INTEREST



Make tomorrow better.

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