



**EXERCISE & SPORT  
NUTRITION LABORATORY**  
TEXAS A & M UNIVERSITY

# Cadets and/or Active Military wanted for a nutrition study

*Men & Women Needed for a Study*

Are you between 18 and 40 years of age and a member of the Corps of Cadets or Active Military? If so, you may be eligible to participate in a nutritional intervention study. Researchers in the Exercise & Sport Nutrition Laboratory (ESNL) at Texas A&M University are recruiting approximately 25 males and females to participate in a study. This study will examine the effects of ingesting US Military designed Meal-Ready-to-Eat (MRE) menu meals containing different types of proteins prior to and following performing the Army Combat Fitness Test (ACFT). Eligible participants will receive food plus up to \$400 for completing the study. 11 total visits throughout about a one-month period will be required and this study includes blood draws and 24-hour urine collection.

*For more information:*

Exercise & Sport Nutrition Laboratory (ESNL)  
Human Clinical Research Facility (HCRF)  
Department of Kinesiology & Sport Management (KNSM)  
675 John Kimbrough Blvd., Suite #206  
Email: [esnl@tamu.edu](mailto:esnl@tamu.edu) | Phone: 979-458-1741