SWEET TASTE STUDY PARTICIPANT INFORMATION SHEET

We are researchers of Human Nutrition and Food Technology at Massey University and are looking for women to take part in the research on sweet taste.

Description of the project
Over the past few decades there has been an increased availability and consumption of low cost, readily available food and beverage products that are high in added sugar. Taste sensitivity to sweet varies considerably between individuals. As variations in taste sensitivity influences food choice, and thereby affects quality of life, there is much interest to understand the role of taste perception in the way people select food and how much they consume. Therefore the main aim of the project is to understand the relationship between sweet taste perception and food intake and behavior.

Who can take part?
We are looking for women of

- New Zealand European ethnicity
- 20-40 years of age
- Not be pregnant or breastfeeding
- Who are non-smokers
- Have had regular menstrual periods for a year
- Not have any chronic illnesses or clinical cause for a dry mouth

Project Procedures
Prior to taking part in this study you will need to complete a screening questionnaire to assess your health status and medical conditions that may influence the results of the study.

The study requires you to attend four sessions each approximately 1.5 hours long at the sensory unit at Massey University Albany. You will be required to come for each session after an overnight fast and refrain from brushing your teeth at least an hour prior to the appointment. These appointments will be conducted between 7.30-8.30am on weekdays and selected weekends. At each session you will undertake a sensory test and complete one dietary questionnaire. You will also maintain a four-day weighed food record. In addition, height, weight, and body fat % will be measured at the first session.

Sensory testing
Taste testing involves tasting sweet samples to determine your sensitivity to sweet taste. The 3 - Alternative Forced Choice (3-AFC) test will be used to determine sensitivity to sweet taste. You will be asked to take the whole cup of one sample (5-10mls), swirl it in your mouth for 3 seconds and then spit it out to a waste cup (swallowing may affect the results). Two of the three samples will be identical and one is different. You will pick the sample with the sweet taste and write the number down when you have finished all the samples. After recording the number, you will be asked to return the tray with the form and empty cups. You will rinse your mouth with distilled water and wait 20 seconds before you move to the next sample. In addition you will also rate ‘intensity’ and ‘preference’ of four sweet solutions on a scale.
Dietary analysis
You will be asked to keep a weighed food record of all food and beverages consumed over four days. At the first session you will watch a video that explains the procedure of a food record. At each of the next three visits you will complete one dietary questionnaire relating to your diet history, food choice and eating habits.

What will you receive?
You will be reimbursed for travel expenses with a $100 petrol voucher following the completion of testing (voucher received at the end of the fourth session). You will also receive a written report containing the main findings of the study once data analysis and interpretation is completed.

Confidentiality
All data collected will be used solely for research purposes and will be prepared for publication in a professional journal. All personal information will be kept confidential by assigning number codes to each participant. No names will be visible on any papers on which you provide information. If you are a student of one of the research teams please note that your academic grades will not be affected whether you decide to complete the study or withdraw at a later time. All data/information will be handled in confidence and will be stored in a secure location for five years on the Massey University Albany campus. After this time it will be disposed of by an appropriate staff member from the Food Technology department.

Participant’s rights
You are under no obligation to accept this invitation. If you decide to participate, you have the right to:
- Decline to answer any particular question;
- Withdraw from the study at any time;
- Ask any questions about the study at any time during participation;
- Provide information on the understanding that your name will not be used unless you give permission to the researcher

Contact information
If you have any further questions or concerns about the project, either now or in the future, please contact the sweet taste study team on sweettastestudy@gmail.com

Specific contacts:
Professor Bernhard Breier B.Breier@massey.ac.nz
Shakeela Jayasinghe (PhD student) s.n.jayasinghe@massey.ac.nz

Human ethic committee Approval Statement
“This project has been evaluated by peer review and judged to be low risk. Consequently, it has not been reviewed by one of the University’s Human Ethics Committees. The researcher(s) named above are responsible for the ethical conduct of this research.

If you have any concerns about the conduct of this research that you wish to raise with someone other than the researcher(s), please contact Professor John O’Neill, Director, Research Ethics, telephone 06 350 5249, email humanethics@massey.ac.nz”.