



FSU

**DEPARTMENT OF HEALTH,
NUTRITION & FOOD SCIENCES**



INTERESTED IN HELPING RESEARCHERS LEARN MORE ABOUT HOW **SODIUM** AND **POTASSIUM** AFFECT **HEART HEALTH?**

Eligibility:

- Ages **55-75**
- In generally **good health**, with no history of heart disease or kidney disease
- Not on hormone replacement therapy

Compensation:

- **\$600** for time and effort

Overview of Expectations:

Participants will be asked to consume three different diets for 10-days each that vary in sodium and potassium content. All food will be provided for all three diets. At the end of each diet, participants will come to our lab for non-invasive tests of cardiovascular health

Fill out the survey below to see if you are eligible!

https://redcap.link/sodium_potassium_FSU

For more information:

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