



# Volunteers 18+ required for dietary protein intake and knowledge study.

Would you like to contribute to research that could promote healthy ageing?



We are looking to validate a protein intake questionnaire for use in future studies. We would also like to find out about people's knowledge about protein.

This research involves reporting the amount and frequency of food and drink you consume and completing two short questionnaire about the types of protein-containing food you eat and your general knowledge about protein.

**Interested?**

**Please follow this link to get started:**

**<https://forms.gle/ZLuXdcQibkyguD9g6>**

**Or for further information, please contact Esme Tuttiett on [ertuttiett1@sheffield.ac.uk](mailto:ertuttiett1@sheffield.ac.uk) /07925034704**