Researchers at Beth Israel Deaconess Medical Center are conducting a research study to learn about fruit intake and health outcomes in older adults.

**The BnD (Blueberry and Date) Study looks at the clinical outcomes of 12 weeks of daily blueberry consumption versus dried date consumption in women and men 70 years or older.**

Eligible participants who decide to take part in the research study can expect to:

- Consume 1 serving of frozen blueberries OR dried dates every day for 12 weeks
- Attend a screening visit and 2 study visits to complete questionnaires, physical function and cognitive activities, physical measurements, heart and blood pressure monitoring, and 2 separate fasting blood draws

Participants will receive:

- Compensation up to $90 for completing the study
- Reimbursement for travel to blood draw appointments at no cost to you

**This study may be a good fit for you if:**

- You are 70 years of age or older
- You are willing and able to come to the Coolidge Corner area in Brookline, MA for study visits
- You are interested in participating in a research study that will contribute to the knowledge of nutrition and health outcomes in older adults

**Other important information:**

- All study assessments will take place at Center Communities of Brookline (CCB) in Brookline, MA. Blood draws will take place at Beth Israel Clinical Research Center by a registered phlebotomist.
- Participation will last about 12 weeks after full enrollment
- All study visits are conducted in English only
- Principal Investigator: Dr. Kenneth Mukamal

For more information or to take part in this research study, please contact the Clinical Research Coordinator:
Reva Seager, MSPH, RDN at 617-863-2352 or email blueberrystudy@bidmc.harvard.edu