

# NUTRITION RESEARCH STUDY WITH CHILDREN

A lot of plant-based proteins are staple foods around the world. They are a good source of many nutrients, except lysine. Lysine is an essential amino acid needed for growth and development. We want to measure how much lysine is available from plant-based food, like corn and black beans, that children eat.

## WE ARE LOOKING FOR

- Healthy children
- 6 – 10 years old
- Normal weight
- Boys and Girls

**Compensation, parking,  
and transit passes will be offered**



## FOR WHAT?

- Screening meeting for 1 hour at BC Children's Hospital
- 9 visits (8 hour each) where the children will be given a special diet
- We will take breath and urine samples
- Measure body size and muscle mass

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