Eye and Nutrition Study

Project title: Efficacy of food sources of lutein, zeaxanthin and omega-3-fatty acids on macular degeneration and dry eyes disease HC No: 180754

What is Eye and Nutrition Study?
Eye and Nutrition study is a UNSW based research focused on determining the current levels of lutein, zeaxanthin, omega-3 and 6 fatty acids in our diet and blood that are beneficial to the human eye.

What do I do?
You will be asked to complete the following:
- An online survey, where you will be asked questions about your diet and provide a venous blood sample at a specified venue (School of Chemical Engineering or University Health Clinic)

What do I get?
- Get to know your nutritional status
- Free voucher for lunch on campus

What data is being collected?
- Food frequency and intakes data
- Lutein, zeaxanthin, omega-3 and 6 levels in diet and blood
- Height, weight and body mass index

We are looking for people who want to take part in this research and who are:
1. Within the age range of 18-65 years
2. Without any chronic illness
3. Not receiving and long-term medication or therapy
4. Healthy

How to get started: Fill the informed consent form, enrol for the sessional talk, fill the questionnaires required, donate venous blood at the health centre.

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