

Information for EAT-FIBRE

TwinsUK Programme of Research – Substudy 10

Thank you for your interest in our new project called the Eatwell Adapted Trial for Fibre Intervention in Bowel Cancer Risk Early Onset (EAT-FIBRE). We will ask you about any health conditions to confirm if you are eligible to take part.

What is the purpose of this study?

- Early-onset colorectal (bowel) cancer is increasingly affecting younger populations.
- There is no specific dietary recommendation to prevent early-onset colorectal cancer.
- The purpose of this study is to find out whether following the national healthy eating guidelines (EatWell Guide) or modified EatWell Guide can improve stool, blood, and urine measures linked to early-onset colorectal cancer risk.



What will happen if I decide to take part?

- You will be invited to attend a clinic visit for body composition measures, health checks, urine, stool, blood (~50 ml), saliva and cheek swab samples, and complete health and lifestyle questionnaires.
- On the day of the visit, we will allocate you to one of two diets – either the [EatWell Guide diet](#) or a modified EatWell Guide diet – for 12 weeks. Both diets are healthier than the average reported UK diet. A dietitian will provide you with more information about how best to stick to your diet, and we will provide you with food through supermarket deliveries. Your details will be provided to a supermarket website to set up the food deliveries.
- The dietitian will schedule up to 4 video or phone calls to check in with you and provide support.
- During the 12 weeks, we will ask you to complete a weekly questionnaire (3 minutes) on your digestive patterns and up to 5 food diaries.
- Midway through, we will ask you to collect a fingerpick blood, urine, stool, saliva and cheek swab sample at home and post them back to us in the provided prepaid packaging.
- You will then be invited to attend a follow-up clinic visit after 12 weeks for the same measures and sampling as the first visit.
- After 12 months, we will ask you to complete a final set of questionnaires and collect a final blood, urine, stool saliva and cheek swab sample at home and post them back to us in the prepaid packaging provided.
- We will be working with collaborators in the UK, USA (University of Washington), Italy (Prebiomics) and Finland (Nightingale Health), who will help analyse data and samples.

What are the advantages of taking part?

- Your involvement will contribute towards the advancement of colorectal cancer and diet research.
- You will be receiving recipes, food swaps, serving size manuals, and supermarket deliveries to help implement your diet.

What are the disadvantages of taking part?

- You may feel slight discomfort when we take a blood sample from your arm or finger.
- With a change in diet, you may experience some tummy symptoms such as bloating, flatulence, nausea or changes in bowel habits. Such symptoms should be reported to the study dietitian, who will provide guidance on how to address these symptoms.

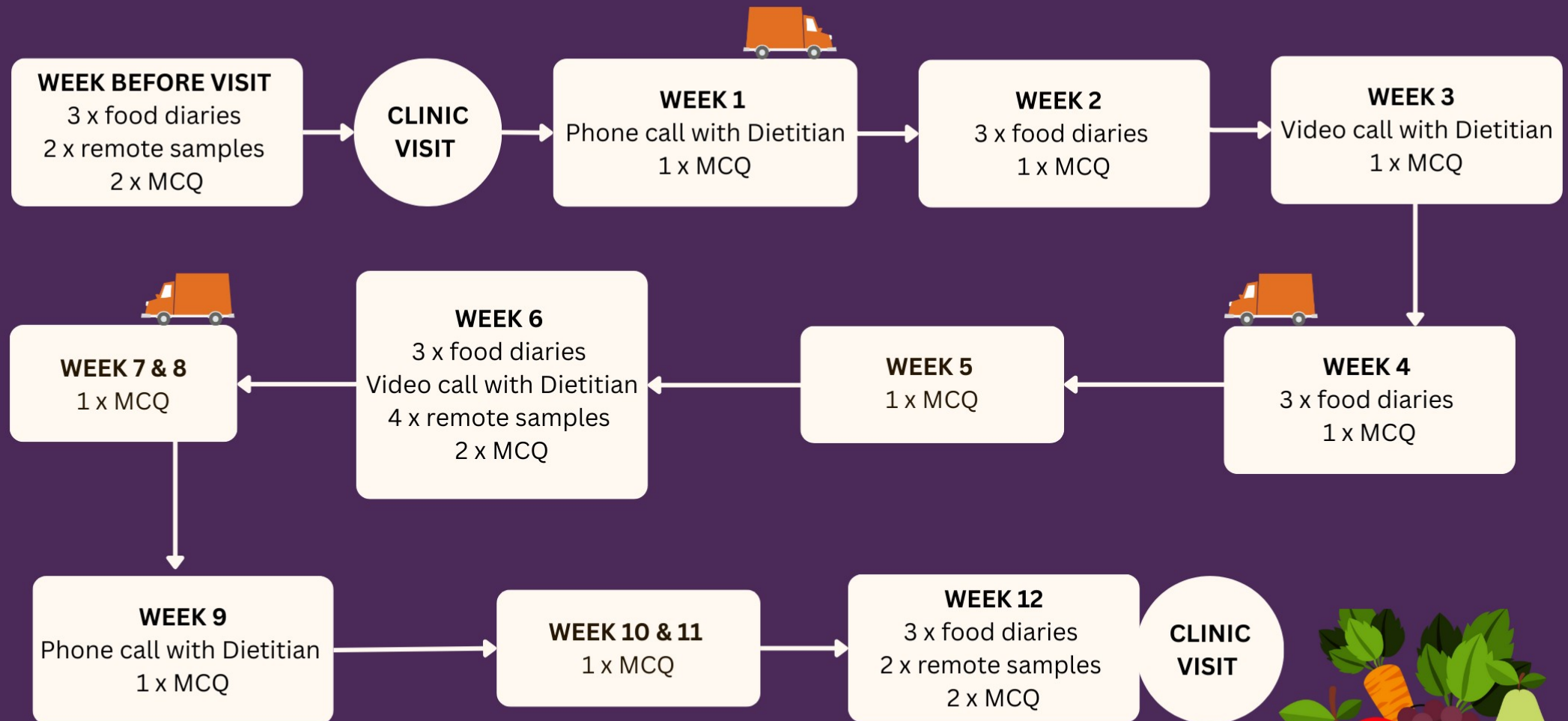
Will I receive test results?

- You will receive clinically relevant health results 6-8 weeks after your visits, e.g. blood count, blood pressure and bone density. You will also be kept informed about the study through our newsletter and website.



Thank you for taking the time to read this information sheet. Please let us know if you have further questions.

EAT-FIBRE FLOWCHART



Please note

You will receive 3 food deliveries throughout the study, which will arrive on non-negotiable set days. You'll receive weekly notifications with the questionnaires to complete, along with a reminder if they haven't been finished by the end of the week. The weekly MCQ will take less than 3 minutes to complete. You're also welcome to join our online community, where you'll receive weekly updates and share progress.

Thank you for taking the time to explore our study, contributing to bowel cancer research.

Key

MCQ = Multiple Choice Questionnaire

 = Food Deliveries



TwinsUK EAT-FIBRE Study - General Nutrition FAQs

1. What kind of diet changes will I be asked to make?

You'll be encouraged to make simple, healthy changes based on whole foods. Both study groups follow evidence-based eating patterns designed to support better gut health and overall wellbeing. The specific changes you're asked to make will depend on which group you're allocated to.

2. Is this a restrictive diet?

No. The focus is on adding healthy foods, building balanced meals, and making changes that fit comfortably into your routine. You will not be expected to eliminate food groups or follow a strict meal plan.

3. Will my twin and I receive the same diet advice?

The study compares two different healthy eating approaches, so you will be assigned to different groups. Both groups are supportive, practical and based on whole foods.

4. When will I get results from the study?

You will receive 2 sets of clinically relevant blood test and DEXA scan results from your health visits 6-8 weeks after your final 12-week follow up visit. You will *not* receive any additional results for the nutrition study, but will get consistent guidance from a nutritionist throughout your 12-week participation.

5. What if I already follow a healthy diet?

That's absolutely fine. The study dietitian will personalise guidance based on your starting point and help you make achievable next steps within your allocated approach.

6. What if someone in my household is allergic to items that are delivered to me?

Foods in the deliveries contain allergens such as wheat, nuts, peanuts, soya, sesame, and others. If any member of your household has a severe allergy, please carefully review all ingredient labels before opening the items, and handle the food with appropriate caution. **Please carefully consider participating in this study if someone in your household has a severe allergy. Exposure to allergens is at your discretion.**

7. Do I have to eat foods I dislike?

To join the study we would like you to be happy to eat whole grains, beans and nuts and seeds. For other foods, your dietitian will help you choose foods you enjoy within your group's guidelines. There are always alternatives and swaps.

8. What if I have dietary requirements (e.g., gluten-free, dairy-free, vegetarian/vegan)?

Both study approaches are flexible and can be adapted to most dietary needs, allergies and personal preferences.

9. Will the diet changes affect my digestion?

Some people may notice temporary changes in digestion, such as bloating, changes in stool frequency, or more gas - especially if they are adding more whole foods. This is normal and often settles within a few days to a few weeks.

10. What should I do if I experience digestive discomfort?

You'll have regular access to the study dietitian, who will help you adjust the pace of your changes.

Strategies may include:

- introducing foods more gradually
- modifying portion sizes
- adjusting meal timing
- exploring alternative food options
- reviewing fluid intake

You will not be asked to continue anything that causes persistent discomfort, and the dietitian will be able to support and discuss your options with you.

11. What kinds of foods are included in the free food delivery?

Your food package will include whole-food items aligned with your study group's eating pattern, such as vegetables, fruit, wholegrains, legumes, nuts, seeds, and similar staples. They will be delivered at three different time points throughout the study.

12. How do the food deliveries work?

You will receive three supermarket food deliveries at set time points during the study.

Deliveries take place on Sunday evenings within a fixed one-hour time slot between 17:00 and 20:00.

Your specific delivery time will be allocated in advance and cannot be changed. You'll receive confirmation ahead of each delivery so you know exactly when to expect it.

Please ensure that you or someone in your household is available to accept the delivery. If this isn't possible, you can provide an alternative delivery address.

Some items will be frozen, so it's important that you have sufficient freezer space available before the study begins.

13. Do I need to cook from scratch?

Likely you'll need to make some meals from scratch, yes. However you can choose whichever level of cooking suits your lifestyle. We provide quick recipes, supermarket shortcuts, and easy meal ideas for both groups.

14. Is this a weight-loss programme?

No. This is a study about eating patterns and gut health, not weight loss. Some people may notice changes in appetite or weight, but this is not the study's aim.

15. How much support will I receive?

You'll have:

- regular 1:1 sessions with the study dietitian
- ongoing check-ins
- an optional community app group
- a nutrition booklet tailored to your assigned approach

The support is designed to make the changes feel practical and manageable.

16. Will I find out which group I'm in before I start?

If you are accepted onto the study, you'll receive all the information, resources and guidance tailored to your assigned eating approach at your first clinic visit.

17. Are supplements involved?

No. All changes are based on everyday foods, not supplements or meal replacements.