



# Undergraduate Research in Natural and Clinical Science and Technology Journal

**"Research in Earnest"**

## **CALL FOR RESEARCH ABSTRACTS** **URN CST Journal Case Competition**



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of Canada



**Period of Abstract Submission: January-December 2020**

**Case Competition Topic:** The emergence of fad diets and nutrition has become more prominent within the last decade. Fad diets are often defined as stylish weight-loss plans that promise dramatic results. Many of these involve eliminating foods that contain necessary nutrients and even cut entire food groups. There are many different types of fad diets but they all have one thing in common: they offer a temporary solution for what is usually a lifelong problem. Once the diet is stopped, the lost weight is often regained since none of these diets affect change in one's behaviour. The impact of these diets have been observed in various fields ranging from addictions and mental health, cardiovascular health, diabetes/heart disease and other such diseases. As a result, we welcome submissions from any science or technology discipline exploring nutrition and fad diets in their research fields.

**Eligibility:** Students enrolled in an undergraduate (i.e. life sciences, biology, chemistry, etc.) or professional-undergraduate (i.e. medicine, pharmacy, nursing, etc.) degree program.

### **What are the benefits of participating?**

- Authors of the high quality abstracts will be **invited to write a full-length research protocol** based on the research abstract, which will undergo peer-review. This provides students interested in advancing their career in research with the opportunity to experience peer-review and publication.

**Learn More About the Competition and Submit YOUR Abstract:**

**<https://urncst.com/index.php/urncst/competition>**

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