



Be part of NutriQuébec!

You are interested in helping to improve the health of Quebecers?

The NutriQuébec research team, in partnership with the Gouvernement du Québec, is presently conducting an ambitious project on nutrition and health. NutriQuébec evaluates the dietary habits, lifestyle habits and health status of participants. The aim of this project is to improve the health of Quebecers.

WHAT DOES MY PARTICIPATION IMPLY?

You will be invited to complete once per year the same core questionnaires (over a period ranging from 3 years to a maximum of 25 years). These questionnaires will provide information on your eating habits, your lifestyle, your personal characteristics and your health. The time required to complete core questionnaires on a yearly basis is about 1 hour. You will have 30 days to complete those questionnaires. You may also be invited to fill out other additional questionnaires. All data is collected on a highly secured website and will be kept confidential.

WHAT WILL I RECEIVE?

Each year, after having completed the core questionnaires, you will receive a brief personalized dietary report. In addition, a draw for a book on food and nutrition and/or gift cards will be held every two months. All participants will be eligible for the draws.



- You are an adult residing in the Province of Québec?
- You have Internet access and a valid email address?
- You can participate!

INTERESTED?

To participate or for more information visit the website www.nutriquebec.com.