Does consuming nine small snack-sized meals each day, rather than consuming three meals, reduce LDL cholesterol levels?

* Response variable
  + Change in LDL Cholesterol level
* Factors/Explanatory variables
  + gender
  + Treatment group
    - Nine small snack-sized meals each day
    - Three meals each day
* Reasonable Levels of the factors (they may not be explicitly stated – just come up with something reasonable)
  + Male 3 meals
  + Male 9 meals
  + Female 3 meals
  + Female 9 meals
* Randomization scheme (from the population and to treatment groups)
  + Crossover: Ten woman and ten men, healthy with BMI within 1 standard deviation of mean BMI, non-smoking, in each of two groups randomly assigned to study volunteers. Each group ate their normal diet for 2 weeks. The second 2 weeks groups ate either 9 small snack-sized meals each day, or 3 full meals per day. Nutritional contents for groups equal.
* Possible confounding variables
  + Volunteer self selection.
  + Genetic makeup (ethnicity)
  + Age
  + Initial level