Love of Lentils Study

Adult males and females 18-40 yrs old are needed for a nutrition study on the effects of consuming different types of lentils on type 2 diabetes risk

This study will involve:

• Six study visits which will each involve:
  A 3-hr morning study visit per week for 6 weeks where lentils with white rice or potato will be consumed and periodic finger prick blood samples will be taken over two hours

*Financial Compensation Provided*

This study is being conducted by the Department of Human Health and Nutritional Sciences and has received clearance from the University of Guelph Human Research Ethics Board (REB#14SE012)

To find out more about the study and your eligibility as a participant, please contact:

519-824-4120 x58081 or lentils@uoguelph.ca