The Lentil Satiety Study

Healthy adult males and females 18-40 years old are needed for a nutrition study on the effects of consuming lentil-containing food products on appetite and food intake

This study will involve:

- One screening visit (30 minutes)
- 3 to 9 study visits which will each involve:
  - A 4-hour morning study visit where lentil-containing food products (muffins, chili, or soup) will be consumed
  - Questionnaires completed periodically over three hours followed by a pizza lunch
  - Recording of weighed food intake for rest of the day

*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#16-12-883)

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

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