UNIVERSITY of GUELPH

CHANGING LIVES IMPROVING LIFE

Love of Lentils Study

Healthy males and females 18-40 years old are needed for a nutrition study on the effects of consuming lentil-containing food products on type 2 diabetes risk.

This study will involve:

- ***2 in-person screenings*** *(3 hours total)*
- ***3 – 9 study visits which will each involve:***
  - *A 3-hr morning study visit where lentil-containing food products (chili, soup or muffin) will be consumed*
  - *Periodic finger prick blood samples will be taken over 2 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 (REB16AU008)

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

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

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