

STUDY ON FOOD ORDER AND PHYSIOLOGICAL RESPONSES



This study is examining how changing the order of foods eaten in a meal affects blood glucose and fuel use at rest.

Participation Involves:

- **One 2-2.5 hour visit with the researchers**
- **Undergoing a body composition test (\$50 value)**
- **Eating a vegetarian meal of edamame, butter, and rice**
- **Collection of blood glucose and respiratory gases**

To be eligible, you must be:

- **18-70 years old**
- **Free from any allergy or condition precluding consumption of edamame, butter, and rice**
- **Not currently pregnant**
- **Free of any conditions requiring the use of insulin**
- **Have no history of bariatric surgery**
- **Have no implanted electrical devices**

Contact

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WHERE

**The Human Performance Lab
in the Student Recreation
Center (Room 2003)**

