Are you between the ages of 18-60?
Do you like soup and bread for dinner?
Then come and be part of a great research study, earn Amazon vouchers* and contribute to nutrition science!

The Functional food centre at Oxford Brookes University is starting an exciting new project looking into the overnight effect of dietary fibre on blood glucose, insulin and stress.

It will involve four visits to the laboratory consisting of one pre-test session lasting one hour and three test days each lasting up to 2.5 hours. You will get the test meal (of soup) and white bread for dinner. After eating that, you will have to fast overnight and come in for a glucose tolerance test the next morning. We will be taking saliva, finger-prick blood and breath samples approximately every 15 min for 2 h after drinking glucose solution. You will get Amazon vouchers for doing this!

Interested??.....then please get in touch

Email or call us, and we'll send you all the details beforehand- you can then decide if you would like to take part

Your participation will be greatly appreciated

*On completion of three test sessions, you will get £30 worth of Amazon vouchers