The Functional Food Centre is starting a new project looking into the effects of bread freshness on blood glucose response.

We are looking people between 18-60 years
You are eligible to take part in this study if you:

- Have a body mass index (BMI) <30kg/m² (measured during screening)
- Have no diabetes or impaired glucose tolerance
- Have no known food allergy or intolerance
- Have no medical conditions or medications known to affect glucose regulations or appetite
- Have had no major medical or surgical requiring hospitalisation within the preceding 3 months
- Don’t use steroids, protease inhibitors or antipsychotics

For each visit, lasting up to 2.5 hours, you will need to:

- Fast overnight (12 hours)
- Be prepared to have a minimum of 8 finger pricks over 2 hours
- Consume bread at different levels of freshness

If you would like to earn £10 Amazon voucher after each test, please contact:

Henri Saniez:
Email: 16131654@brookes.ac.uk
Telephone: 01865 483283

(Supervisor: Dr Helen Lightowler, hlightowler@brookes.ac.uk)