

# ARE THERE BENEFITS TO EATING YOGURT AT BREAKFAST?

This is what Dr. Heather Leidy's research team is trying to find out in the Department of Nutrition Science at Purdue University & YOU can help answer this by participating in the following study:

## Study Procedures:

- ✓ You will be provided different types of breakfast yogurts to consume at home.
- ✓ For each type of yogurt, you will complete a 4-h testing day that measures the following.
  - Your feelings of appetite (hunger & fullness) and thoughts of food
  - Cognitive function
- ✓ Lunch & breakfast will be provided on the testing day
- ✓ If you qualify, You will be paid for completing all study procedures.

## You may be able to participate if you:

- ✓ Are between the ages of 20-40 years
- ✓ Not on a weight loss, vegetarian, high protein, or other special diet
- ✓ Willing to consume different types of yogurts for breakfast
- ✓ Healthy

Interested??

Email: [leidylab@purdue.edu](mailto:leidylab@purdue.edu)

Mention: "The Yogurt Study"

