

# Come eat some hummus among us



Dr. Heather Leidy's research team in the Department of Nutrition Science at Purdue University is trying to find out whether eating hummus as part of an afternoon snack is 'healthy.'

**YOU** can help answer this by participating in the following study:

## Study Procedures:

- ✓ You will be provided with different snacks to consume at home.
- ✓ For each type of snack, you will complete a 5-h testing day in our lab that measures your feelings of appetite (hunger & fullness), thoughts of food, and your blood sugar.
- ✓ Breakfast, lunch, dinner, and snacks will be provided on each testing day.
- ✓ If you qualify, You will be paid \$150 for completing all study procedures.

## You may be able to participate if you:

- ✓ Are between the ages of 18-50 years
- ✓ Not on a weight loss diet
- ✓ Like the taste of hummus
- ✓ Frequency eat afternoon snacks
- ✓ Healthy

**Interested??**

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

**Mention: "The Hummus Study"**