Ready-to-Eat Meals Study

Seeking participants for our study on cardiovascular health

For 4- concurrent weeks you will be provided ready-to-eat lunch and dinner meals created by the WSU Food Science Lab

We are looking for men and women with regular eating habits who are:

- 18 years old or older
- BMI 18.5-40.0 kg/m2
- Have access to the internet, microwave, and refrigerator
- Non-dieting, non-smoking, no food or dietary restrictions including allergies and intolerances
- Fluent in English

Subjects will be paid $300 upon completing all study protocols.

E-mail: food.lab@wsu.edu
Scan the QR code
Call: (509)368-6957

This research has been approved for human subject participation by the Washington State University Institutional Review Board.
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