
Whole Grains Study



Seeking participants for our study on the influence of convenience on grain intake.

For 4-weeks you will be provided with intact whole grains of quinoa, buckwheat, and barley in either ready-to-eat form or bulk dried form. All grains will be prepared and eaten at home.



We are looking for people with regular eating habits who are:

- 19 years old or older
 - Fluent in English
 - Without food restrictions, allergies, or intolerances and no latex allergy
 - Involved in home food preparation
 - Have daily access to the internet
 - Have daily access to a microwave, stove, refrigerator, and freezer
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Subjects will be paid \$100 upon completion of all study protocols.

Email: 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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