We are looking for adults between ages 30 to 60 to participate in our SNACKing study where we are investigating the relationship among diet, gut microbes, and health.

You May Qualify If You
- Are not taking medications that affect gut health
- Have no nut or wheat allergies

Potential Benefits
- $100 after second lab visit
- $200 upon completion
- Up to $300 total
- Possible benefits to gut and metabolic health

Participation Involves
- Eat a provided pre-packaged snack 2 times per day for 12 weeks
- Pick up snacks from testing site once per month
- Visit lab three times to complete questionnaires, DXA scans, liver ultrasounds, and blood draws
- Provide six stool samples

FOR MORE INFORMATION WITH NO OBLIGATION:
Please contact us at through email SNACKingStudy@illinois.edu or by phone at 217-300-3523 (lab hours 9 am – 4 pm) or check out our laboratory website at https://hdh.fshn.illinois.edu/