

# VOLUNTEERS NEEDED

## Can eating coloured rice reduce obesity-related risk factors?

Researchers from the Functional Grains Centre, Charles Sturt University are currently seeking participants. We would like to hear from you if you fit the following criteria:

- Non-smoker
- Caucasian male or female aged 18 – 65 years
- Obese (BMI > 30)
- Perform less than 3 hours of exercise per week
- No current or history of chronic diseases and not pregnant
- Not currently taking anti-inflammatory or anti-clotting drugs

### What is required of you?

- An Interview (one hour) or completion of 3 questionnaires online
- 3 visits to eat coloured rice
- Give a fasting blood sample before eating coloured rice
- Give blood samples after rice eating coloured rice

A full explanation of the study and you blood results will be provided to you.

### Your participation will be greatly appreciated

If you are interested or require further information please contact:

Mrs Esther Callcott  
Ph: 0457 414 220  
E: [ecallcott@csu.edu.au](mailto:ecallcott@csu.edu.au)

Prof. Chris Blanchard  
Ph: 02 6933 2364  
E: [cblanchard@csu.edu.au](mailto:cblanchard@csu.edu.au)

Dr. Abishek Santhakumar  
Ph: (02) 6933 2678  
E: [asanthakumar@csu.edu.au](mailto:asanthakumar@csu.edu.au)