

# Research study investigating the effect of a meal on hunger and blood measurements related to health

ACTRN12612000324819

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	School of Exercise and Nutrition Sciences, Deakin University
<b>Enrollment</b>	30 participants

## Plain Language Summary

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This study is testing whether pasta made with red or white sorghum flour affects hunger and blood sugar levels differently compared to regular pasta. Sorghum is a grain that may digest more slowly and help people feel fuller for longer, which could be beneficial for blood sugar control. Participants will eat a test meal in a controlled setting, and blood samples and hunger ratings will be collected at intervals over a few hours.

You may be eligible if:

- You are between 18 and 60 years old
- You are in generally good health
- You are not pregnant
- You do not have a sensitivity to gluten

You may NOT be eligible if:

- You are pregnant
- You have a sensitivity to gluten
- You have a history of cardiovascular disease
- You have diabetes
- You are taking medications known to affect blood sugar or other study measurements

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (3)

- Healthy subjects
- Non-pregnant
- Not having sensitivity to gluten

### Exclusion (5)

- Pregnancy
- Sensitivity to gluten
- History of cardiovascular disease
- Diabetes
- Medications known to affect study parameters

## Locations (1 total)

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Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000324819>

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