**The Daily Grain Intake Study**

**Main Study Questions**

The aim of this study was to identify compounds that are found in blood and urine and are derived from whole grain oat or whole grain wheat intake after daily consumption of those grains so that epidemiological studies can be conducted to provide more accurate associations between whole grain intake and human health.

**Motivation for Research**

Some studies suggest that consumption of whole grains reduce the risk for diseases including type 2 diabetes, obesity, cancer, and cardiovascular diseases, while others see no correlation. This may be due to a lack of accurate assessment of grain intake. Whole grains can be hidden in processed foods in the marketplace, making it very difficult to assess whole grain intake from food frequency questionnaires and 24-hour food recalls. Therefore, there is a need for, and we are hoping to find, improved blood and urine markers of whole grain intake.

This study was conducted from early August 2019 to mid-March 2020.

A picture containing broom, outdoor, brown, sitting

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