**The Single Serving Grain Study**

**Main Study Questions**

The primary objective of this study was to identify markers of a single meal of whole grain oat or whole grain wheat in human urine or blood to be used to better understand associations between whole grain intake and 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 mid-May to mid-June 2019.

 