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studyFINDER

Time Restricted Eating as a Viable Alternative to Caloric Restriction for Treating Hyperglycemia in a Population with Type 2 (T2DM) diabetes

Status: Recruiting

Eligibility Criteria

Sex: Male or Female
Age Group: 18 years and over
This study is NOT accepting healthy volunteers

Inclusion Criteria:

- adults who are overweight/obese and have type 2 diabetes treated only with metformin - 18-65 years old - BMI between 25-40 kg/m2 - HbA1c between 6.5-8.5% - self reported weight must be stable (+/- 5 pounds) for at least 3 months prior to the study - own a smartphone

Exclusion Criteria:

- women who are pregnant or are planning to become pregnant - eating disorders

Conditions & Interventions

Interventions:
Behavioral: Caloric reduction, Behavioral: Time restricted eating
Conditions:
Diabetes & Endocrine
Keywords:
time restricted eatin, Type 2 diabetes, diet intervention, intermittent fasting, caloric restriction

More Information

Description: Feasibility study to test our overall hypothesis that time restricted eating (TRE) presents a viable alternative to caloric restriction for improving glycemic measures and reducing weight in overweight/obese patients with metformin-only treated Type 2 diabetes (T2DM).
Study Contact: SFS3 Study - seefoodstudy@umn.edu
Principal Investigator: Lisa Chow
Phase: NA
IRB Number: STUDY00014853

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