Personalized Nutrition Therapy Using Continuous Glucose Monitoring to Improve Outcomes in Type 2 Diabetes Mellitus

Status: Recruiting

Eligibility Criteria

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

Inclusion Criteria:

- at least 18 years of age - diagnosis of type 2 diabetes mellitus - Hemoglobin A1c of 7.0

•9.5% - Stable medications for diabetes for at least 3 months prior to enrollment, with no plans to change medications or doses during the intervention period

Exclusion Criteria:

- Type 1 diabetes mellitus - treatment with insulin, sulfonylurea, or meglitinide - use of a nondiabetic medication affecting blood glucose (e.g. corticosteroid) - BMI < 25 kg/m2 - weight change > 5 pounds in the 3 months prior to study enrollment - estimated glomerular filtration rate <60 ml/minute/1.73 m2 - pregnant or breastfeeding - anemia - presence of any disease that would make adherence to the protocol difficult

Conditions & Interventions

Conditions:
Diabetes & Endocrine
Keywords:
Diabetes, T2D, Type 2 Diabetes

More Information

Description: The purpose of this research study is to learn more about how food affects blood sugar levels, and whether a continuous glucose monitor (CGM) can help to individualize nutrition education for people with diabetes. Participation in the study would require 3-4 clinic visits over a period of 14 weeks. Participants will also be asked to: meet with a registered dietitian every 2 weeks (virtually), keep food logs, wear a CGM and an activity monitor, answer survey questions, and provide blood samples to measure markers of diabetes control (like hemoglobin A1c).
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