

## 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

**Age:** 18 years and over

This study is NOT accepting healthy

**Healthy Volunteers:** 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/m<sup>2</sup> - 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

#### Conditions:

Diabetes & Endocrine

#### Keywords:

caloric restriction, diet intervention, intermittent fasting, time restricted eatin, Type 2 diabetes

### 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).

**Contact(s):** SFS3 Study - seefoodstudy@umn.edu

**Principal Investigator:** Lisa Chow

#### IRB

**Number:** STUDY00014853

**System ID:** 37403

Thank you for choosing StudyFinder. Please visit <http://studyfinderstaging.umn.edu> to find a Study which is right for you and contact [sfinder@umn.edu](mailto:sfinder@umn.edu) if you have questions or need assistance.