

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/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

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).

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