

CAN CHANGING *WHEN* YOU EAT IMPROVE YOUR BLOOD SUGAR AND YOUR HEALTH?

Participate in a 10-week study to help us find out

Features:

- ❖ \$1,400 for completing the entire study
- ❖ 10 weeks of meals provided for free
- ❖ Must be willing to be monitored while eating
- ❖ Two 24-hour tests in our clinic
- ❖ Body scan to measure your body fat



Eligibility:

- ❖ Age: 30-65 years
- ❖ Overweight: BMI of 27-43 kg/m²
- ❖ Wake up at a regular time between 5-8 am
- ❖ Have prediabetes, are at-risk for diabetes, or might have higher than average blood sugar levels (we will test this for you)

INTERESTED IN PARTICIPATING IN THE STUDY?

Call: 205-975-3944

Email: raleebunt@uab.edu