



What is Time Restricted Eating (TRE)?

- TRE means *you only eat for a limited number of hours per day*, during a window that you choose.
- TRE focuses on *when* you eat rather than *what* you eat.
- TRE helps reset your body's internal clocks and improves metabolism.



COLUMBIA UNIVERSITY
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**NY TREAT
Study:**



Time Restricted
EATing to
Improve
Cardiometabolic
Health



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Columbia University IRB
IRB-AAAS7791 (Y03M02)
IRB Approval Date: 07/08/2022
For use until: 03/22/2023

Who Can Participate:

Do you have **prediabetes or diabetes?**

Do you have **overweight?**

Are you **50-75 years old?**

Do you have a **smartphone?**

Do you speak **English?**

Volunteer to be in a **research study!**



What do you do?

- Track your food with the study app for 12 months.
- Wear devices to monitor your sleep and blood sugar (6 weeks total).
- Get your body fat and metabolism measured.
- Fill out questionnaires.

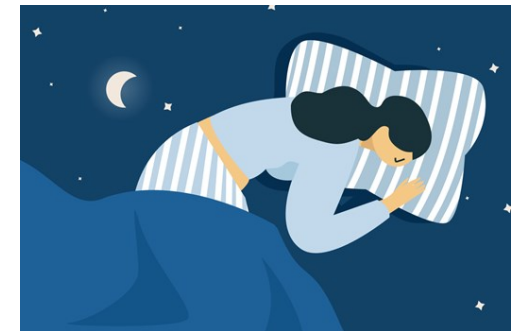


How many visits to the research center?

- 1 Screening visit with blood test to check if eligible (1-2 hours).
- 7 outpatient morning visits (3-5 hours each). Some include IV catheter and blood draws.

Why should you participate?

- Improve your lifestyle and your health.
- No study medications.
- No calorie counting.
- No change to your physical activity routine.
- No change to *what* you eat, just *when* you eat.
- Receive up to **\$2,000 total compensation.**



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