Volunteers Needed for Intermittent Fasting Study

We are assessing how time restricted eating (a type of intermittent fasting) impacts body composition, diet quality, and eating behavior.

Participation includes:

- 3 visits to STAR Tower
- 4 weeks of limiting food intake to 10 hours per day
- Remote food logs and surveys

You could earn up to $125.

Women ages 20-29 years who meet certain criteria are eligible. To see if you qualify, scan the QR code or visit tinyurl.com/TREstudy

For more information, contact Diane Vizthum, dvizthum@udel.edu

Study Location
STAR Tower
540 S College Ave
Newark, DE 19713