Young Adults with Type 1 Diabetes Needed for Research Study:

“The effects of a low-carb, non-ketogenic diet versus standard diabetes diet on glycemic control in Type 1 diabetes”

If you have type 1 diabetes and are willing to count carbohydrates and are interested in your diet you may qualify to take part in this study.

This study focuses on whether a low carbohydrate diet (60-80 g carbohydrate per day) improves glycemic control, markers of inflammation, and lipids in young adults compared to standard diabetes diets (> 150 g carbohydrate per day).

Principal Investigator: Christina Crowder RD/LD, CNSC
Co-Investigator: Laura Chalmers, MD
Clinical Coordinator: Julia Crawford MLIS AHIP

The study requires volunteers:
• Age 18-30
• Diagnosed with Type 1 Diabetes for >1 year
• HbA1c between 5.9-10% at time of enrollment
• Willing to provide blood samples
• Willing to count carbohydrate throughout the study

There are 7 study visits at the OU Tulsa Diabetes Center
You will be compensated up to $25 per visit for time, efforts, and travel
Your personal information will be kept private

For more information ask your physician or contact:
christina-crowder@oushc.edu or call 918-619-4821, Julia Crawford

Sponsored by: Harold Hamm Diabetes Center Tulsa
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