



**DELISH**

Diabetes Education to Lower  
Insulin, Sugars, and Hunger

# UCSF seeks adults with type 2 diabetes for low- carbohydrate diet study

*Trying to improve your diabetes through diet?*

*Are food cravings a challenge?*

**Participate in a study on diet, diabetes, and food cravings!**

## **Study participants will:**

- Follow a low-carbohydrate diet that emphasizes non-starchy vegetables, fats, and proteins, and limits starches and sugars.
- Receive weekly supportive group sessions for 3 months to learn and implement a low-carbohydrate diet to help manage diabetes.
- Potentially learn mindfulness skills to cope with food cravings.
- Receive support in making long-term dietary changes.
- Complete 4 assessment visits over 12 months.
- Be compensated up to \$220 for study visits.

## **Participants must:**

- have type 2 diabetes
- experience food cravings and eat in response to them
- own a smartphone and will use it regularly for study activities
- be 18+ years old

**UCSF** Osher Center for  
Integrative Medicine

Visit [www.delishstudy.org](http://www.delishstudy.org) or call 415.353.9723  
to see if you may qualify