

Dietary Fiber and Time Restricted Eating

NCT07219706

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Oklahoma
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (4)

- e1&age
- Body mass index e30 kg/m²
- Dietary fiber intake d15 g/day
- Compatible cell phone for use of ecological momentary assessment app

Exclusion (5)

- Self-reported diagnosis that precludes fiber intake (e.g., inflammatory bowel disease)
- Food allergies or intolerances that limit ability to engage with the intervention
- Positive screen on the SCOFF eating disorder screener³⁹
- Current self-reported use of GLP-1 receptor agonists
- Currently pregnant or breastfeeding, or planning to become pregnant

Locations (1 total)

University of Oklahoma Health Sciences, Columbus, Ohio, United States