

# Time Restricted-Eating for Type 2 Diabetes and MEtabolic Health: the TEA TIME Trial

NCT07272460

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Mount Sinai Hospital, Canada
Enrollment	112 participants

## Plain Language Summary

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This study, called TEA TIME, is testing whether time-restricted eating (TRE) — limiting all food to a specific window of time each day — can help people with type 2 diabetes manage their blood sugar and improve metabolic health, compared to standard dietary advice.

**\*\*You may be eligible if...\*\***

- You are between 18 and 75 years old
- You have had type 2 diabetes for 10 years or less
- Your BMI is 25 or higher
- Your weight has been stable for the past 3 months (less than 5% change)
- You are managing diabetes with lifestyle changes only, or with metformin, DPP-4 inhibitors, or SGLT2 inhibitors

**\*\*You may NOT be eligible if...\*\***

- You are on insulin or other diabetes medications not listed above
- You have significant kidney, liver, or cardiovascular disease
- You are pregnant or breastfeeding
- You have a history of an eating disorder
- You work night shifts or have very irregular eating schedules that make TRE impractical

Talk to your doctor to see if this trial is right for you.

## Key Eligibility Criteria

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### Inclusion (5)

- Individuals with previously diagnosed BMI  $\geq$  25 kg/m<sup>2</sup> and type 2 diabetes within preceding 10 years.
- Age 18 - 75 years inclusive
- Stable weight over past 12 weeks (less than 5% change in body weight) (self-reported)
- Diabetes treatment consisting of lifestyle only or metformin, dipeptidyl peptidase-4 (DPP-4) inhibitor, and sodium-glucose co-transporter 2 (SGLT2) inhibitors either as monotherapy or in combination.
- Ability to read and understand English

### Exclusion (11)

- Current diabetes treatment with insulin, glucagon-like peptide-1 receptor agonists, and/or sulfonylureas.
- Use of any other pharmacological treatment for weight-loss
- Previous surgical treatment for weight loss such as gastric bypass or gastric band
- Any history of eating disorder
- Currently pregnant or lactating

... and 6 more (see full listing online)

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<https://clinicaltrials.gov/study/NCT07272460>

### Locations (1 total)

This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at ClinicalTrials.gov. Generated by ClinicalTrialsFinder.org.

