

Have You Ever Been Told You Have High Blood Sugar?

You may qualify if you:

- Are between the ages of 35-65
- Are African American or European American
- Have Type 2 Diabetes (high blood sugar) for less than 5 years
- Do NOT use insulin
- Are willing to travel to UAB for testing visits
- Are NOT Pregnant
- Are able and willing to self-monitor your blood sugar at home



Participants will receive:

- Weekly groceries
- Personal health information
- Group support sessions with a Registered Dietitian
- Monetary compensation for your time

**For more information, call 205-934-4386 or
email LLG@uab.edu**

The study is ongoing at The University of Alabama at Birmingham.
The Principal Investigator is Dr. Barbara Gower.