

**Are you African American? Between the ages of 18-65?
Interested in improving your eating and weight?**

If you answered “YES” to the questions above, then the DG3D Study at the University of South Carolina may be for you!

This study is a FREE 3-month intervention at the University of South Carolina for African American men and women with overweight/obesity who are interested in improving their diet. We are examining the adoption of three dietary patterns. Participants will be randomized to either a U.S. -Style Eating Pattern, Mediterranean- Style Eating Pattern, or a Vegetarian-Style Eating Pattern.

The study includes:

- nutrition and cooking classes
- access to a Nutritionist
- group support
- up to \$50 in financial compensation
- recipes and more



For more information or to sign-up, visit: dg3d.org



DO I QUALIFY?

- | | |
|---|---|
| -Self-identify as African American | -Not currently following a vegan/vegetarian/Mediterranean diet |
| -Be between the ages of 18-65 years | -Be willing to be randomized to either diet |
| -Body Mass Index between 25- 49.9 kg/m ² | -Not currently on medication for diabetes |
| -Live in the Columbia, SC/Midlands area | -Not currently pregnant or breastfeeding or plan to become pregnant in the next 24 months |
| -Be able to attend all monitoring and weekly class visits | -Not diagnosed with type 2 diabetes |