Purpose
The purpose of this research study is to test an important question in relation to dietary recommendations for people with type 2 diabetes: Do diet beverages (e.g. Diet Coke, Crystal Light, Diet Snapple, etc.) influence aspects of diabetes control?

Participants
We are looking to recruit people with Type 2 diabetes, aged 35 or older, who drink diet beverages.

Participation
The individuals participating in this study will be provided with beverages for 6 months.

As part of participating in the study, over the 6-month time period people will be asked to:

- Attend 8 in-person study visits (varying between 10-45 minutes, see reverse)
  *These take place at 1100 Washington Ave S in Minneapolis (close to public transportation and free parking)*
- Complete 7 phone interviews about what you ate & drank the previous day.
- Wear a continuous glucose monitor for 3, two-week periods
- Wear an activity monitor for 3, one-week periods

Each participating individual can receive a total of up to $425* for completing these study activities. (*See other side for details)

Voluntary
Participation is voluntary. To participate, people must provide written consent. Participants are free to withdraw from the study at any time.

At the end of the study
At the end of the study, participants will be provided with their data, including activity and continuous glucose monitor reports.

Funding
This research study is being conducted by Drs. Andrew Odegaard at University of California, Irvine & Mark Pereira at the University of Minnesota’s School of Public Health with funding from the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health.

For more information
If you need more information or would like to participate in this study, call 612-437-6126 or send an email to sodastudy@umn.edu. You can also find more at our website http://www.sph.umn.edu/epi/sodastudy.
## Study Activities and Participant Compensation

<table>
<thead>
<tr>
<th>Visit (duration)</th>
<th>Activities completed</th>
<th>Compensation amount</th>
</tr>
</thead>
</table>
| Initial Screener Visit (20-30 min)                        | · Activity monitor placed  
· CGM* placed  
· Fecal collection kit given to you                                                                     |                    |
| Baseline Visit (30-45min) (~2 weeks after screener visit)  | · Complete a survey  
· Weight measure  
· Blood Pressure measure  
· Fasting Blood Draw  
· Urine collection  
· Return CGM & activity monitor                              | $75                |
| Week 6 visit (20-30min)                                   | · Complete a survey  
· Weight measure  
· Blood Pressure measure  
· Fasting Blood Draw                                                                                   | $40                |
| Week 10 visit (10 min)                                    | · Activity monitor placed  
· CGM* placed  
· Fecal collection kit given to you                                                                     | $10                |
| Week 12 visit (30-45min)                                  | · Complete a survey  
· Weight measure  
· Blood Pressure measure  
· Fasting Blood Draw  
· Urine collection  
· Return CGM & activity monitor                              | $100               |
| Week 18 visit (20-30min)                                  | · Complete a survey  
· Weight measure  
· Blood Pressure measure  
· Fasting Blood Draw                                                                                   | $40                |
| Week 22 visit (10 min)                                    | · Activity monitor placed  
· CGM* placed  
· Fecal collection kit given to you                                                                     | $10                |
| Week 24 visit (30-45min)                                  | · Complete a survey  
· Weight measure  
· Blood Pressure measure  
· Fasting Blood Draw  
· Urine collection  
· Return CGM & activity monitor                              | $100               |
| 7 Phone interviews (15-30 min)                            | · Tell interviewer everything you ate and drank the day before                                          | $30 bonus if you complete all 7!                                                                       |
|                                                            |                                                                                                         | $10 activPAL bonus |
|                                                            |                                                                                                         | $10 CGM bonus      |
| **Total Amount Possible:**                                |                                                                                                         | $425               |

*CGM = Continuous Glucose Monitor*