



Comparative Effects of a Diet Based on USDA Guidelines for Grains and a Whole Grain Diet on Weight Loss, Body Composition, Blood Glucose, and Blood Pressure in Obese African American Women (The Big Grains Small Waist Study)

ARE YOU OBESE AND TRYING TO LOSE WEIGHT? ARE YOU INTERESTED IN LEARNING HOW WHOLE GRAINS CAN AFFECT YOUR HEALTH?

African American women have higher obesity rates than any other race and sex in the U.S. Obesity increases the risk of Type 2 diabetes, high blood pressure, heart disease, stroke, and other conditions. Combating obesity through diet change can prevent and possibly reverse its damaging effects. Eating more whole grains can lead to a greater loss in stomach fat, a higher overall fat percentage loss, and lower blood sugar levels. Morehouse School of Medicine researchers aim to compare the effects of the quality of whole grain consumption on weight loss in clinically obese African American women.

YOU CAN PARTICIPATE IN A 4 WEEK DIET STUDY IF YOU ARE:

- African American/Black
- Female
- Age 18+
- BMI > 30 kg/m²

PARTICIPANTS IN THE 4 WEEK DIET STUDY WILL BE ASKED TO:

- Provide a blood sample for glucose readings
- Complete a food habits questionnaire
- Eat a diet rich in whole grains for 4 weeks
- Have their Resting Energy Expenditure measured (REE). REE tells you how many calories you need to maintain your weight.
- Have their blood pressure measured
- Have their weight and body fat measured

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