

Welcome to Medi for All!

What is Medi for All?

Medi for All is the diet and education arm of the IMPEDE trial and is inclusive of all cultural foods, preferences, and budgets. The IMPEDE trial is comparing two ways to prevent future episodes of diverticulitis.

Thank you for agreeing to participate!

What do I need to do?

Over the next 12 months, we will help you adjust your eating habits to fit the Medi for All eating pattern in the way that suits you best. Our website, MediDietForAll.org is full of videos, recipes, meal ideas, and other resources to support your success. Reach out to us for help any time or attend a virtual drop-in session with our study dietitian.

How can I get started?

Watch the Medi for All introduction video at

MediDietForAll.org/GetStarted,

or scan this QR code:



Take it slowly! It's okay to make one change in your eating pattern at a time.

We recommend watching the Getting Started, Staying Motivated video to help you choose your first goal.

(MediDietForAll.org/GetStarted, or scan the QR code to the left.)

Find some new recipes or meal ideas that appeal to you and fit your budget at

MediDietForAll.org/Recipes,

or scan this QR code:



Write down your questions and join a virtual drop-in session with our study dietitian.

Register at

MediDietForAll.org/Support,

or scan this QR code:



Other Questions? Contact Us at
impede@uw.edu or (206) 685-9770

IMPEDE