

# Bionutrition

Center for Clinical and Translational Science



## CCTS

**CCTS Bionutrition** connects investigators with approved dietary protocols, study planning, registered dietitians, cooks, facilities, and equipment in support of human nutrition studies.

### Study Planning

- Consult on research design and budget
- Data collection and form development
- Assist with participant retention



### Nutrition Education

- Patient education about protocol diets
- Assist with diet prescriptions
- Individual and group counseling



### Nutrition Intake Analysis

- Analysis of 24-hour recall or 3-day multi-pass food records
- Food intake determined by weighing food before and after each meal



### Metabolic Kitchen

- Meal preparation, packaging, and storage for on- and off-site participants.



### Controlled Feeding Studies

- Provide research menus and instructions for participants
- Design research diets based on protocol needs
- Reinforcement of dietary compliance



### Body Composition Analysis

- Anthropometric measurements including height, weight, and body circumferences
- Bioelectrical Impedance Analysis (BIA) to determine body composition



### CCTS Connects

- Partners with the **CCTS Clinical Research Unit** and **CCTS Specimen Processing and Bioprocessing** to support bionutrition studies.
- Elevates research operations by engaging the **CCTS Clinical Research Support Program**.



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