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CLINICAL RESEARCH UNIT **BIONUTRITION** SERVICES

The NUCATS Clinical Research Unit **bionutrition** core is located on the 10th floor of the Feinberg Pavilion at [Northwestern Memorial Hospital](#) (NMH). It provides the scientifically controlled nutrition and dietary services required by inpatient and outpatient research studies. The **bionutrition** core is currently staffed by a research dietitian and a diet technician. The dietitian will assist with all nutrition aspects of a research protocol including input during study design, assessment, participant screening, and dietary planning from the beginning of a protocol through its completion.

Clinical Nutrition Services

- Assist investigators in nutritional aspects of research protocol design
- Nutrition screenings to evaluate inclusion and enrollment of study nutrition participants
- Nutrient assessments (24 hour recall, food frequency analysis, diet history, and subject food diaries)
- Nutrition instruction, education, and counseling
- Nutrient analysis using Nutrition Data Systems for Research (NDSR)
- Design of special diets
- Anthropometric measurements, Bioelectric Impedance Analysis (BIA), and indirect calorimetry to measure basal energy expenditure (using VMAX Spectra 29)

Metabolic Kitchen

The metabolic kitchen provides research participants with meals that are prepared and scheduled in accordance with specific protocols. The kitchen offers:

- Special diets, including therapeutic (ADA, renal, etc.), weighed and formula, and nutrient controlled
- Snacks for fasting subjects

[Northwestern Calendar: Plant Purple](#) | [Northwestern Search](#)

Don't forget to cite the [CTSA Grant](#): 8UL1TR000150-05.

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