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CTSI **Bionutrition** and Body Composition Lab



The Clinical and Translational Science Institute's **Bionutrition** and Body Composition Lab is based out of the Adult Translational Research Unit (TRU) and provides services to researchers from all CTSI affiliated institutions.

Investigators find that nutrition's role in promoting health and the treatment of disease is of great importance. Even if nutrition is not the primary focus of their research, they often wish to control or estimate nutrient intake due to the influence of nutrition on many areas of physiology.

Overview

The CTSI **Bionutritionist** assists investigators in planning, developing, implementing, and evaluating the nutrition component of research protocols. The TRU houses a metabolic kitchen dedicated to providing general or protocol specific meals and snacks. It also has a body composition lab where anthropometric measurements, bioelectrical impedance analysis, and energy assessment take place.



Location

Froedtert East Pavilion, Lower Level

Hours

7:30 a.m. to 4:30 p.m. Monday through Friday. Special arrangement for service outside these times can be scheduled.

CTSI **Bionutrition** and Body Composition Lab Services

- ⌘ **Dietary assessment:** Includes nutritional assessment screening for nutrition risk and evaluation of nutritional status, 24 hour recall and analysis up to 3 day food recalls per visit, and participant food record materials and instructions for completion.
- ⌘ **Nutrition lifestyle counseling:** Consultation focusing on compliance with dietary protocols, goal setting, social support, stimulus response and self-efficacy improvement.
- ⌘ **Basic body composition assessment:** Height, weight, BMI, waist/hip ratio, skinfolds and bioelectrical impedance analysis.
- ⌘ **Bioelectrical Impedance Analyzer:** QuadScan 4000 is a full body impedance, estimates percent body fat and gives body water measurements. It is completely mobile and takes less than 10 minutes per participant.
- ⌘ **BodPod and PeaPod analysis:** Measures percent body fat for ages 5 years and up and infants who weigh between 2.2 lbs. to 17.6 lbs.
- ⌘ **DEXA scan:** Body composition measurements and bone mineral density testing.
- ⌘ **Indirect calorimetry analysis:** Resting energy expenditure (REE), measuring metabolic rates and respiratory quotient.
- ⌘ **Research meal and design:** Meals designed to study's specific dietary protocol including participant interview and compliance audits.
- ⌘ **Research snack:** Designed to study's specific dietary protocol.
- ⌘ **Research meal delivery:** For home and/or other off campus visits.
- ⌘ **24 hour recall:** Full dietary analysis using NDSR- Nutrient Data System for Research.
- ⌘ **Food records between 3-10 days:** Consists of participant instruction with proper recording of food consumption. Diet analysis using NDSR-Nutrient Data System for Research.
- ⌘ **Food frequency questionnaire/analysis:** Includes materials, administration and analysis. Variable costs due to the specific FFQ utilized.
- ⌘ **REDCap data entry:** Protocol specific measurements can be entered directly into REDCap projects.

Contact

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Request **Bionutrition** and Body Composition Lab Services*  or

Request Multiple CTSI Services* 

* About Requesting CTSI Resources & Services

The above request requires you to sign in with your CTSI membership credentials (email address and password). If you haven't joined us yet, please sign up today.

MCW users: Please note that your MCW credentials will not work with the CTSI network of sites, and you must join CTSI to establish your membership.

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