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Bionutrition Research

The Center for Clinical and Community Research's **Bionutrition** Research core helps Children National's investigators by assessing and monitoring the growth, nutritional health, and physical fitness of all patients taking part in research studies. **Bionutrition** Research operates in conjunction with the [General Clinical Research Center \(GCRC\)](#), so that core services are integrated seamlessly with other procedures and measures of research volunteers. The core's services include:

- Anthropometric measures, growth status, weight status
- Body composition measurements
- Measure resting energy expenditure
- Diet assessment, meal planning and interventions, special diets, supplement studies, controlled-fluid studies
- Nutrition assessment including selection of nutrition-related biochemical studies
- Diet and nutrition education

The **Bionutrition** team assists research faculty in the selection and implementation of nutrition-related tools, procedures, and methods, and helps recruit and train graduate students and others interested in participating in nutrition-related research. Core staff scientists have expertise in the publication of primary research, standardized reviews, and expert consensus documents.

For more information, contact [Catherine J. Klein, PhD, RD](#)

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Children's National is the nation's children's hospital, with more than 50 pediatric subspecialties.

