

# Clinical Research Unit Bionutrition Core

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The Bionutrition Core of the CRU offers many services to investigators with approved protocols. Betty Darnell, MS, RD, LD, FAND, and Suzanne Choquette, MS, RD, LD, registered dietitians, are available to assist investigators with their research. Core staff also include 4 research cooks with over 50 years of combined experience.

Services and facilities offered by the CRU Bionutrition Core include:

## Research Design, Development, and Implementation

- Consult on initial research design
- Assist with participant recruitment and retention
- Develop nutrition data collection forms and assist with data collection

## Nutrition Education



- Educate patients about protocol diets
- Assist with specific diet prescriptions and other individual or group counseling as needed

## State-of-the-Art Metabolic Kitchen

The CRU kitchen, opened in April 2010, has all the equipment necessary for preparing, packaging, and storing food for research participants.



## Controlled Feeding Studies



- Provide research menus and meals for participants as required by protocol
- Design metabolic diets for specific criteria (i.e. Ketogenic diet and diets controlled for specific nutrients such as phosphorus, oxalate, and sodium)
- Ensure diet compliance via meetings with participants and weekly weighing

## Body Composition Analysis



- Standardized height & weight measurements
- Anthropometric measurements (skinfold thickness and body circumferences)
- Bioelectric Impedance Analysis (BIA) using Tanita TBF-310 to determine body composition (fat free mass, body fat mass, percent body fat)

## Nutrient Intake Analysis

- Analysis of 24-hr food recalls or multiple-pass records using Minnesota Nutrition Data System for Research (NDS-R)
- Weighed food intake determined by weighing participant food before and after each meal

For more information, contact:

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