

Bionutrition

Center for Clinical and Translational Science



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 prescription
- Individual and group counseling
- Live food prep demonstrations



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



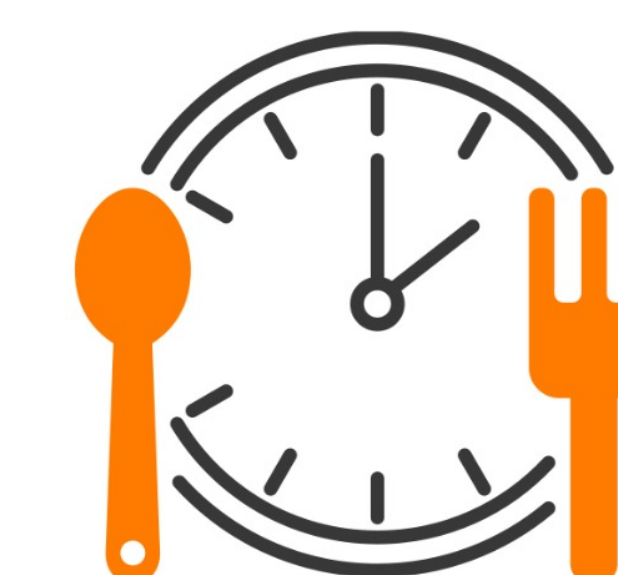
Metabolic Kitchen

- 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 Enterprise**.



CENTER FOR CLINICAL
AND TRANSLATIONAL SCIENCE

www.uab.edu/ccts
ccts@uab.edu
205.934.7442

