

# Bionutrition

Center for Clinical and Translational Science



# CCTS

**CCTS Bionutrition** connects investigators with approved dietary protocols, study planning, registered dietitians, cooks, facilities, and equipment in support of human nutrition studies.

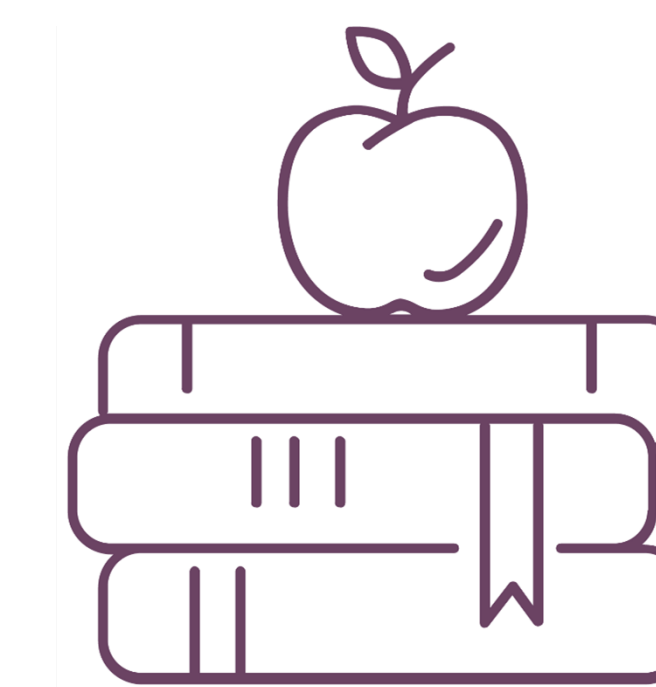
## Study Planning

- 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 prescriptions
- Individual and group counseling



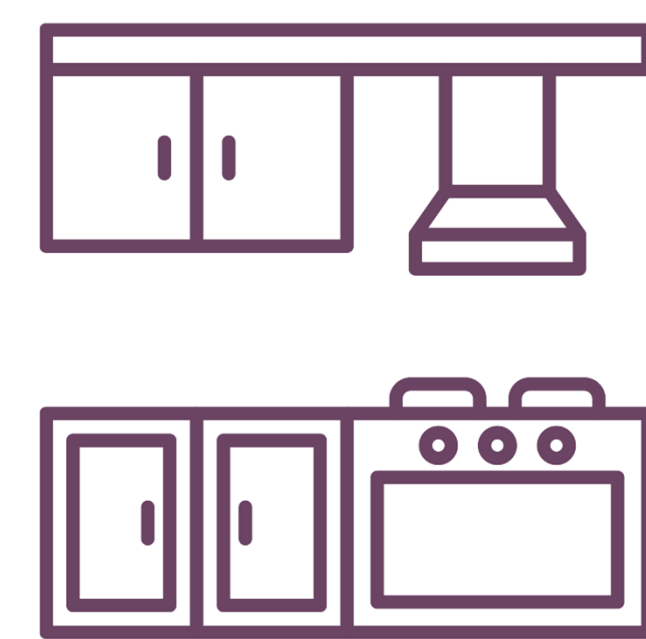
## Nutrition Intake Analysis

- 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.



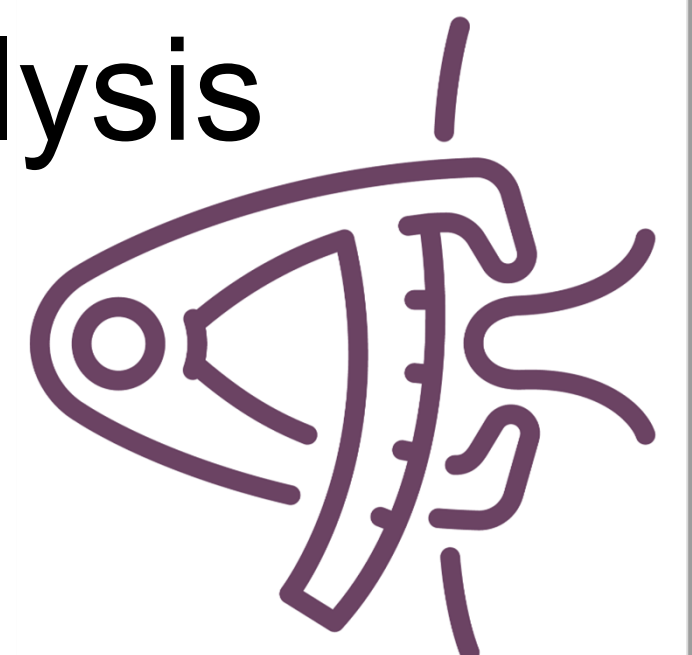
## Controlled Feeding Studies

- 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 Program**.



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