### CCTS Bionutrition

CCTS Bionutrition connects investigators with approved dietary protocols, study planning, registered dieticians, 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.

---

Learn more at [uab.edu/ccts/clinical-research/clinical-services/bionutrition](http://uab.edu/ccts/clinical-research/clinical-services/bionutrition)