

# Metabolic & Nutrition Research Core

[www.unccmedicalcenter.org/unccmc/care-treatment/nutrition/](http://www.unccmedicalcenter.org/unccmc/care-treatment/nutrition/)



UNC Health Care  
**NUTRITION  
Research**



**Choline**



**Nutrient  
Controlled  
Meals**



**FODMAP**



**Fatty Acids**



**Glycemic  
Index**



**Indirect  
Calorimetry**



**Nutrition  
Counseling**



**Prebiotics**



**Food  
Allergies**

**Oral Food  
Challenges**



**Anthropometrics**

# Services



## Diet method design and implementation is our specialty

<p><b>Controlled Nutrient Meals</b></p>	<p><b>Precise preparation of formulas, recipes and meals</b>                      The Metabolic &amp; Nutrition Research Core team specializes in preparing weighed nutrient controlled meals. We are equipped to prepare meals according to protocol procedures for any nutrient of interest. Specialty ingredients are procured and ingredients are carefully monitored to ensure no changes in nutrient content throughout study and individual food products and test meals are carefully weighed and prepared according to study protocol. Meals can be delivered to the Clinical Translational Research Center (CTRC), picked up for off-site consumption or shipped.</p>	<p>Fee per meal \$20</p>
<p><b>Meal Design</b></p>	<p><b>Recipe development and testing</b>                      The Registered Dietitian, who is experienced in nutrition research, starts with the best available nutrient database to design recipes and meals that meet the nutrient goals of your study. Recipes and meals that meet the diet targets are prepared and tested for taste and appearance in order to deliver an appealing, study adherent meal to your participants.</p>	<p>Fee per hour \$35</p>
<p><b>Diet Education</b></p>	<p><b>Development of diet education materials</b>                      Some studies are better served by delivering diet counseling and education to the participants. The Registered Dietitian develops diet education materials that meet your diet goals and are designed for your study population. She develops procedures for administering diet counseling and can provide training on the methods or deliver the diet education and counseling directly to your participants.</p>	<p>Fee per hour \$40</p>
<p><b>Nutrition Counseling</b></p>	<p><b>Nutrition counseling</b>                      The Registered Dietitian is available to meet with research participants throughout your study to deliver diet education and provide diet counseling. She is accustomed to meeting one on one or in groups to deliver diet education and counseling as per protocol. She also develops diet counseling procedures to improve diet adherence and consistency of counseling between participants.</p>	<p>Fee per hour \$40</p>
<p><b>Indirect Calorimetry</b></p>	<p><b>Resting metabolic rate and respiratory quotient</b>                      Using the Medgraphics Ultima CPX Indirect Calorimeter the Metabolic &amp; Nutrition Research Core Staff conduct indirect calorimetry testing in the Clinical and Translational Research Center. Measurement is performed in the resting state, but the machine can be adapted for exercise testing.</p>	<p>Fee per test \$120</p>
<p><b>Nutrient Intake Analysis</b></p>	<p><b>Weighed meals, food record analysis and food frequency questionnaires</b>                      Nutrient intake data is collected in a way that meets your study's needs. Options include weighed meals, food records that are analyzed using ESHA Food Processor Software, a dietitian administered diet history or administration of a food frequency questionnaire focusing on your nutrient of interest. Consultation on the best method is provided.</p>	<p>Fee per hour \$35</p>
<p><b>Regular Meals for Extended Visits</b></p>	<p><b>Meal Service by UNC Hospitals Nutrition and Food Services Department</b>                      Research studies conducted in the CTRC may order regular meals for inpatient and outpatient research visits. Meals are prepared and delivered by UNC Hospitals Nutrition and Food Services Department. Special menus available through this service include Heart Healthy and sodium restricted.</p>	<p>Fee per meal \$8</p>
<p><b>Contact Us</b></p>	<p><b>Manager:</b> 984-974-5786  <b>Admin Coordinator:</b> 984-974-5762  <b>Email:</b> <a href="mailto:unckitchenstudy@unhealth.unc.edu">unckitchenstudy@unhealth.unc.edu</a>  <b>Metabolic &amp; Nutrition Research Core,</b> 102 Mason Farm Rd., CB#7777, Chapel Hill, NC 27599</p>	