Metabolic & Nutrition Research Core
UNC Healthcare

Clinical Nutrition Manager:  Beth MacIntosh MPH, RD, LDN
Administrative Coordinator:  Ashley Harper
Dietetic Technician:  Whitney Self
Kitchen Facility Location:  102 Mason Farm Road, Chapel Hill

Beth.macintosh@unchealth.unc.edu
919-630-0671
Services

We specialize in developing and implementing controlled nutrient meals and diet interventions for research purposes.

- Diet Intervention Development (any nutrient of interest)
  - Work closely with investigators to develop diet methods that meet protocol needs
  - Recipe development and testing, menu development, diet education materials

- Meal/Food Preparation and Dispensing
  - State inspected kitchen facility
  - Pick up, served at CTRC, shipped
  - Specialty food procurement
  - Weighed ingredients
  - Prepared to any specifications

- Dietary Intake Data
- Nutrition Counseling
- Food Record Analysis
- Indirect Calorimetry (REE)
Examples

- Omega 6 and omega 3 Fatty acid manipulations
  - 4 month outpatient diet intervention in migraine patients - biweekly visits for intensive diet counseling and food pick-up
  - Ship study foods to multiple study sites

- Choline Depletion/Repletion
  - Inpatient, 3 month, feeding trial

- High glycemic/low glycemic
  - Crossover design - 4-day outpatient feeding period followed by 1 inpatient night and test meal followed by study day

- Heterocyclic Amines
  - 1 month outpatient feeding trial - 1 meal consumed on unit/day + pack out meals

- Macronutrient manipulations
  - Low carb/Low fat/Ketogenic/Standardized diets

- Double Blind Placebo Controlled Oral Food Challenges (DBPCOFC)
  - Allergy Clinic Protocols - varying doses of peanut, egg, placebo
Questions?