

# 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

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# 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 CTCR, 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?

