Key for Bionutrition Services

Anthro Measurements – Anthropometric Measurements

- Quantitative techniques for determining an individual's body composition (fat mass vs. muscle mass) by measuring, recording, and analyzing specific dimensions of the body, such as height and weight; skin-fold thickness; and circumference at the waist, hip, and chest.
- Measurements take 15 minutes to complete.
- **Fee:** $8 (simple), $12 (complex)

BIA – Bioelectrical Impedance Analysis

- A measurement of body composition (fat mass vs. muscle mass) using Quantum II by RJL Systems.
- BIA takes 5 minutes to complete.
- **Fee:** $12

Constant Diet

- Inpatient meal made up of specific food groups and nutrient composition from the Research Metabolic Kitchen as determined by the protocol.
- This is a special meal order and has an additional fee added to inpatient room fee.
- **Fee:** $8 per meal

Diet Recall

- Includes either an in person or phone interview with subject to record and analyze food consumed in a 24-hour period. It may cover 1 to 7 days.
- Includes an analysis using Nutrition Data Software for Research (NDSR) and takes about 60 minutes.
- **Fee:** $24 per hour

Food Frequency Questionnaire

- FFQ Quest Block 98.2 is a full-length (110 food item) questionnaire designed to estimate usual and customary intake of a wide array of nutrients and food groups. It takes 30-40 minutes to complete.
- FFQ Quest Soy is a brief questionnaire that includes 10 food/supplement items focusing on soy foods. It takes about 20 minutes to complete.
- **Fee:** $1.00 form, $5.00 FFQ Soy Processing, $7.00 FFQ Block 98.2 Processing

IP (Inpatient) Controlled Snack

- Snacks from the metabolic kitchen consisting of solid food and beverage. (For example, turkey sandwich/chips/juice, bagel/cream cheese/coffee, soup/crackers/juice)
- **Fee:** no charge

Nutrition Consultation

- A nutrition education and/or counseling session that is specific to the protocol.
- Consultation is approximately 60 minutes.
- **Fee:** $32 per hour
OP (Outpatient) Controlled Snack

- Snacks from the metabolic kitchen consisting of solid food and beverage (For example, turkey sandwich/chips/juice, bagel/cream cheese/coffee, soup/crackers/juice)
- **Fee: no charge**

Op (Outpatient) Food Voucher

- Meal voucher to the cafeteria (Allspice Café) at the Northwestern Memorial Hospital on the 2nd floor of the Feinberg Pavilion.
- **Fee: $6.00**

REE – Resting Energy Expenditure

- REE represents the amount of calories required by the body during a non-active 24-hour period.
- A 20-30 minute measurement using VMAX N29 by Sensormedics to provide an accurate and objective assessment of the patient’s energy expenditure.
- **Fee: $32**