

## BIONUTRITION

The CTRC Bionutrition Core at Lundquist/Harbor-UCLA provides services to outpatient, overnight / extended stay and community based studies. A metabolic kitchen is dedicated to the preparation of nutrient controlled and regular meals. Culinary Medicine training with hands-on cooking and education is available in a pop-up teaching kitchen. The Bionutrition Core has a metabolic assessment room with DXA, indirect calorimetry, BIA and anthropometric tools that integrates body composition, bone mineral density, and energy expenditure testing. The Bionutrition Core also provides state-of-the-art nutrition computing facilities with programs for nutrient analysis, semi-quantitative food frequency analysis, and design and specification of research diets. The Bionutrition Core personnel are experienced with REDCAP and can facilitate the collection and tracking of nutrition data for research studies. Training in nutrition research methodology is available to research fellows and other students.

### Bionutrition Core Unit Resources:

- Metabolic Research Kitchen
- Culinary Medicine pop-up teaching kitchen
- Body Composition Core
- Hologic, whole body QDR Horizon A Dual Energy X-Ray Absorptiometry System (DXA)
- Lange and Holtain calipers for skinfold thickness, elbow breadth calipers to measure frame size
- Jamar hand grip dynamometer to measure grip strength
- Bioelectric impedance monitor (RJL Systems) to measure body composition
- Near-infrared spectroscopy to measure body composition
- Abdominal calipers to measure abdominal sagittal diameter
- Metabolic Cart to measure energy expenditure
- Metabolic diet design and tracking (Pronutra)

### Staffing:

The Bionutrition core unit is managed by a PhD level dietitian and a full time research dietitian.

### Contact Information:

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Location: The RB3/Clinical Translational Research Center, Bldg. RB3, 1124 W. Carson Street, Torrance, CA 90502

Hours: Monday – Friday, 7:30 a.m. – 4:00 p.m.