What are weighed diets?

- Special diet in which all foods are weighed prior to consuming and any remaining foods are re-weighed.
- Used in clinical and metabolic investigation.
- Strictly controlled to detect small changes in outcome variables.
- The degree of control required depends on study design, type, length, tolerance of subjects, lab and kitchen facilities.

Weighed diets

- **Weighed** – Food portions are weighed using a metabolic scale, weighing to the specified gram weight. The weighed meal is served and refuse is often re-weighed to best determine actual intake.
- Participants are expected to consume food provided to the best of their ability.
- Meal plans are designed to meet study requirements (i.e. 250 mg sodium) and individualization of meal plans is limited.
- Calories provided by meal plans will meet expected daily requirements based on an individual’s age, activity, gender, and weight.
Weighed Meals and Diets

Applications:

• Assessing the effects of certain nutrients (e.g. sodium on blood pressure).
• Implementing a specific dietary intervention.
• Controlling for nutrients known to convert into other compounds in the body (e.g. a low tryptophan diet for studying serotonin).
• Controlling for diet to ensure confounding factors do not interfere with another intervention.

Technology Used:

ProNutra is used by the dietitians to calculate out the diets and to assess nutrients based on what the participants actually consumed.
What the participant can expect:

• Participants will be told how long the weighed diet they are on will last and in what setting it will occur.

• Some weighed diets are conducted inpatient in which the subject will eat their meals in the hospital. In other cases food will be packaged and sent home with the participant for consumption.

• Depending on the length of the study and the setting, arrangements will be made for the participant or a member of the study team to come and collect the food for intake every few days.

• For some studies participants will be asked about any dietary preferences or restrictions and efforts will be made to accommodate them when possible.

• Participants will not be allowed to eat or drink foods/beverages other than what is provided, unless specified by the study.

• Weighed diets are generally not scheduled around holidays or other occasions that would make it difficult for the participant to eat pre-made meals.

• For most studies, participants will be asked to consume all of the food or to return the refuse.