Why Investigate Diet and Health?  
The Importance of Nutrition in Clinical Research

2020-2030 Strategic Plan for NIH Nutrition Research Goals

1. **What do we eat and how does it affect us?**
   Spur Discovery and Innovation through Foundational Research

2. **What and when should we eat?**
   Investigate the Role of Dietary Patterns and Behaviors for Optimal Health

3. **How does what we eat promote health across our lifespan?**
   Define the Role of Nutrition Across the Lifespan for Healthy Development and Aging

4. **How can we improve the use of food as medicine?**
   Reduce the Burden of Disease in Clinical Settings

Cross-Cutting Research Areas

**Reluctant to all 2020-2030 NIH Nutrition Research Strategic Goals**

- **Minority Health and Health Disparities**
- **Health of Women**
- **Rigor and Reproducibility**
- **Data Science, Systems Science, and Artificial Intelligence**
- **Training the Scientific Workforce**

Overarching Theme: Individualized “Precision Nutrition”

**What should I eat to be healthy?** One size does not fit all. No one “perfect diet” for everyone.

- Demographics
- Dietary Habits
- Microbiome
- Genetics
- “Omnics”

- Physical Activity
- Health Status
- Metabolism
- Food Environment
- Socioeconomics

- Psychosocial Factors
- Environmental Exposures
- Lifecycle
- Circadian Biology

Controlled Feeding Studies

This is the most accurate way to provide a known dietary intake. All foods and beverages are provided to study participants. Nutrient composition is calculated to meet study goals and all foods and beverages are weighed. Participants are expected to consume everything, and any uneaten food is weighed back. Meals can be served on-site or packed to send home and may be provided to individuals, groups or families.

- Diet Comparison Studies
- Metabolic Balance Studies
- Over and Under-Feeding Studies
- Standard Diets to Control for Nutrient Intake
- Low and High Nutrient Intake Investigations
- Randomized and Blinded Diets
- Duplicate Diets for Chemical Analysis

Test Meals

Meals are uniquely designed for your study goals.

- Food or Formula Meals
- Oral Challenge Tests
- Buffet Ad Libitum Feeding Meals
- Randomized, Blinded, and Placebo Meals
- Sham Feeding Studies
- Timed Meal Consumption

For More Information

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