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**GUIDELINES FOR GCRC RESEARCH DIET FOR PROTOCOL - B5039**

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The study in which you will participate requires that you follow a research diet. The diet is called a “**constant diet**” because the amount of arginine, an amino acid, will be constant for one day. In order to keep your intake of this nutrient constant, foods are prepared in a standardized manner in the GCRC Metabolic Kitchen. All foods are weighed to the nearest 1/10 of a gram. All foods and beverages served to you must be eaten in order to consume the required nutrients.

***Specifically, you must follow the guidelines during the course of the study:***

1. All foods served must be eaten. You may wish to use your bread to absorb liquids or margarine on the plate; or if you prefer, use a spoon. We really want you to clean your plate.
2. The research diet is planned for 1 day prior to your test day.
3. You may not eat any food or beverages other than what you are served. It is important that you do not drink any coffee, tea, or beverages other than what we give you. You may drink water as desired.
4. You will receive orientation and instructions before the study starts. **You must be on time.** If you are unable to arrive on time and need to change the time, call the GCRC at the number listed below.
5. Be sure you place the frozen food in a freezer until the day before it is needed; then place the frozen food in a refrigerator to thaw. Microwave until desired serving temperature.
6. **DO NOT ADD SPICES OR SEASONINGS!**
7. Please return the cooler to the GCRC at the next visit.

We make every effort to ensure you receive your meals in their entirety. We know that accident, spilling, etc. may occur once you get your food home. In this event, please notify me and you will be advised on what to do. Please be aware that you may be required to return to the GCRC for replacement.

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