APPENDIX D: Research Element DETAILS
PROCEDURES

*Note: this is not a complete list of the procedures. For full details, an appointment with the research coordinator will be arranged.
Metabolomics is the analysis of small molecules that generate a specific fingerprint of your current metabolic state at any given time point. It allows us to characterize some of the dynamic changes that occur in response to nutrients.

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- DNA looking at obesity-related genes

MIXED MEAL TOLERANCE TESTING:
3 hour test examining hormones (insulin, glucose, and fat hormones) in response to nutrients.
DXA
Measures body composition including fat free mass, fat mass and bone density
BOD POD
Alternative method to measure fat free mass and fat mass
RESTING ENERGY EXPENDITURE

Measures the fuel the body burns at rest (the number of calories burned at rest)
V02 MAX

Exercise capacity is highly predictive of disease risk, longevity and may predict the ability to lose weight. Graded exercise test test done on a treadmill.