

## DOSE RESPONSE DIET TEST FOOD EATING GUIDELINES:

Each feeding cycle you will be provided one or both test foods as part of a regular diet. Prioritize consuming all the test food(s) over other items in the diet if you are feeling full or not as hungry.

It is important that the “dose” or amount of the test food we give you is consumed entirely.

You may spread out eating a test food if the serving is larger or you prefer to have the food at another mealtime that day. The goal is to eat all the test food(s) each day in the amounts provided.

**IMPORTANT: Stop, Snap, Send**

Each day, document your test food consumption with photos.

- Take a photo of the empty test food container.
- The goal is to have no test food remaining but if you cannot finish the test food include the leftovers in the container.

To record consuming a test food text\* or email these photos directly to

[TestFood@hsph.harvard.edu](mailto:TestFood@hsph.harvard.edu) \*You can text directly to the email address.

*Do not send questions to this email address it is only for test food photos. Other questions should be sent to [eatbiomarkers@hsph.harvard.edu](mailto:eatbiomarkers@hsph.harvard.edu)*

**Stop:** *Did this meal include a test food?*

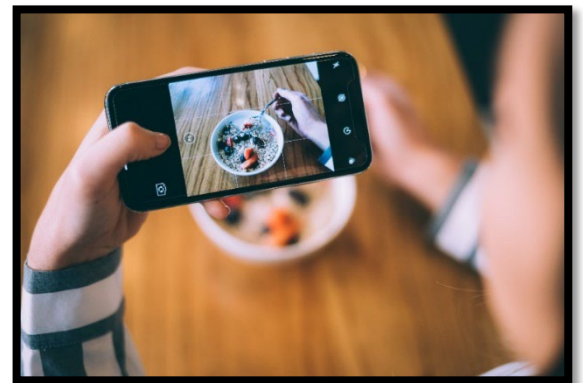
- Refer to your daily food checklist if you are uncertain.

**Snap:** *Take a photo on your phone to record finishing your test food*

- Ideally, you will consume 100% of each test food and therefore your photo will be of an empty container.
- Document eating 100% on your food log.

**Send:** *All photos can be emailed or texted to [TestFood@hsph.harvard.edu](mailto:TestFood@hsph.harvard.edu)*

- Include in the text or email **your first name** and the **date** of when you ate the test food.



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