

# Harvard Dietary Biomarkers Study Meal Guidelines



*Each meal and menu have been carefully designed to meet your nutritional needs and our scientific goals. These guidelines will answer some common questions. If you have additional questions, please contact study staff.*

## What to do



- Eat all the foods we give you      Please eat everything at each meal or snack.
- If you are extra hungry      Mark this information on the Meal Check list so study staff can help.
- If you can't finish all the foods
- If you want water      Drink as much plain, tap, or bottled water as you want. No need to record water.
- If you want coffee/tea      You may use your own black coffee or black tea.  
NO green tea  
Day of clinic visit- no creamers/milk etc.  
During feeding periods- You may use milk or the milk provided in your black coffee/tea. NO OTHER CREAMERS.
- If you want additional seasoning or condiments      Please do not use seasonings/ condiments as they may interfere with the study
- If you need help or have a question      Contact us: [eatbiomarkers@hsph.harvard.edu](mailto:eatbiomarkers@hsph.harvard.edu) or 617-998-6333



## What to avoid

- Don't eat anything other than the foods we give you (except tea or coffee)      If you accidentally eat other foods, please use your daily Meal Checklist to write down detail about any foods or beverages you eat or drink that are not on the study menu.
- Don't worry      We are here to help you, contact us anytime you have a question.
- Contact: [eatbiomarkers @ hsph.harvard.edu](mailto:eatbiomarkers@hsph.harvard.edu)**
- Or call 617-998-6333**



The Nutrition and Metabolic Services at the Mass General Brigham's Center for Clinical Investigation (CCI) will provide all your study foods. They have a commercial kitchen, like those found in restaurants. Safety food handling guidelines are followed and are inspected annually by the MA State Department of Health.



# Meal storage information

Once the meals have left the CCI Facility, you are responsible for storing and reheating your food properly to keep the study food safe.

## How to store your meals

Please place your meals in a refrigerator within 2-4 hours.



- If you share a refrigerator, try to store all your study food together on one shelf if possible
- Keep all meals refrigerated until you are ready to reheat them.
- If needed, some foods may be stored in the freezer. Try to let foods defrost in the refrigerator before reheating

## How to reheat your meals



- Meals have been previously cooked.
- The USDA recommends that your food be heated to a temperature of at least 165° before eating.
- The amount of time to reheat each meal will vary, depending on the food, the serving size and whether it is defrosted or frozen.
- Reheat foods as instructed by study staff.
- Clear plastic deli containers should not be used in microwave

## Complete Daily Meal Checklist



- Meals and snacks are designed to fit your individual caloric needs please eat all the provided foods.
  - ❖ Please record any uneaten food or food/beverages eaten outside of study meals to your best ability in the Daily Meal Checklist form
  - ❖ Send a photo of the completed test food container/package/dish to [testfood@hsph.harvard.edu](mailto:testfood@hsph.harvard.edu) on Days 3-8
- Bring completed Daily Meal Checklists to the clinic with you.

We want to hear from you! Contact us.



[eatbiomarkers@hsph.harvard.edu](mailto:eatbiomarkers@hsph.harvard.edu)



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