**Body Size, Nutrition and Health Measures**

**Tufts University Study**

**Body Composition**

Body Composition Measurement (anthropometry, EKG: bioelectrical impedance analysis, underwater weighing [residual lung volume measurement], dual energy x-ray absorptiometry, total body potassium test, body water content, BOD POD: air displacement plethysmography, CT scans, and muscle and fat biopsies)

Nutrient Intake Assessment (food intake measurement, food preference questionnaires [Drewnowski taste test, dietary restraint questionnaire [Stunkard & Messick, 1985], and taste tests),

Energy Expenditure Assessment (resting energy expenditure [kcals/day and by indirect calorimetry], thermic effect of food [energy used in the digestion process], strength test, activity monitors, stress test [maximal oxygen uptake: treadmill], and questionnaires)

Substrate Oxidation (RQ [respiratory quotient used to calculate basal metabolic rate, by indirect calorimetry] and nitrogen excretion during calorimetry).

Metabolic Parameters (Insulin Sensitivity Test [Bergman model: blood samples with dextrose and tolbutamide administration], FFA levels, and IGF1, T3, T4, and TSH)