

Resting Metabolic Rate (RMR) and Underwater Weighing (UWW) Guidelines

Dietary Guidelines

- Avoid fibrous or gassy foods for 24 hours prior to the test. Suggested **foods to avoid** include *fruits, vegetable, beans, carbonated beverages, legumes and whole grains*.
- No caffeine 4 hours prior to the appointment.
- There is a 4 hour fast prior to the test. Water to stay hydrated is acceptable.

Samples of Acceptable Foods/Meals prior to UWW

<u>BREAKFAST</u>	<u>LUNCH / DINNER</u>
<ul style="list-style-type: none"> ✓ Eggs ✓ Milk ✓ Sausage ✓ Bacon ✓ Pancakes ✓ Butter ✓ Syrup ✓ Yogurt 	<ul style="list-style-type: none"> ✓ Poultry & Meat ✓ Lunch meat on white bread (no iron kids bread) ✓ Hot pockets with no vegetables ✓ Pizza with meat and cheese with NO vegetables (frozen pizza) ✓ Hot dogs ✓ Hamburgers ✓ Spaghetti with non-chunky sauce

Clothing

- Clients should wear comfortable clothing for the Resting Metabolic Rate Test.
- Please bring one or two piece swimsuit, trunks, bike shorts, or Speedos for the Under Water Weighing
- Shower shoes are suggested
- Towels will be provided

Duration 2 hours

Price Students: \$60.00
 Members: \$90.00
 Non-Members: \$115.00

Appointment Information

If you need to reschedule or cancel your appointment, we require a 24 hour advance notification. Please call 312-413-5174 with any questions.