NUTRITION RESEARCH INSTITUTE

FACILITIES

• 125,000 square feet
• Wet and clinical laboratories
• Clinical intake facility
• Metabolic kitchen
• Whole-room calorimeter
CLINICAL TRIALS
STUDENT TRAINING
COMMUNITY ENGAGEMENT
We spend 86% of all healthcare dollars treating chronic conditions, many of which are preventable by better nutrition.

–Centers for Disease Control and Prevention
YOU ARE UNIQUE

SO DON’T EAT LIKE ANYONE ELSE
NUTRIGENETICS
The science of

How nutrition changes the way our genes function, and
How our genes change our nutrient requirements
Normal nutrition is composed of many metabolic pathways that nutrients must transit.

Pathways depend on our genes.

Some genes have naturally occurring spelling differences that cause roadblocks in metabolism.

Each of us can have as many as 50,000 of these differences.
Microbiome

The science of

How nutrition changes our microbiome, and
How our microbiome changes our nutrient requirements
METABOLOMICS

The science of

Measuring thousands of chemicals in a small sample of blood for a more comprehensive view of a patient’s metabolism than the limited glucose and cholesterol measurements that doctors now use.
THE CUTTING EDGE OF MEDICINE IS PERSONALIZED NUTRITION
NRI research is helping create a “dictionary” of gene variations that change nutrition requirements. Your medical practitioner will be able to look up your unique changes to find the best interventions.
The University of North Carolina Nutrition Research Institute is a leader in the growing field of individualized nutrition, studying what’s known as nutrigenomics: the link between genes and diet. The science is a comparatively new one but early reports are tantalizing.

We’ve discovered why some babies need extra essential fatty acids for better brain function.
Our research shows that a lack of choline in a diet could lead to liver and muscle damage.
We’ve discovered that a choline-rich diet during pregnancy is essential for babies’ healthy brain and spinal development.
Our studies show that eating blueberries may improve mental processing speed and have a positive effect on mild cognitive decline.
We’ve discovered that omega-3 fatty acids together with weight loss can be very therapeutic in preventing and reducing the risks of some cancers.
At the UNC Nutrition Research Institute

We study nutrition and:

- Brain development
- Dementia
- Cancer
- Obesity
- Gout
- Fetal Alcohol Syndrome
- Fatty liver
- Muscle loss with aging
- Response to environment
Thank you!

Please visit and get involved.

To make a difference and be the best in the world we need your help.

www.uncnri.org