



DIET THERAPY
CLINICAL NUTRITION CONSULTANCY
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Resting metabolism measurement

The day of your assessment:

Like most health assessments, such as getting your cholesterol checked, there are certain guidelines you need to follow. To get an accurate resting metabolism measurement, the day of your testing be sure to comply with following guidelines:

- 1. Do not eat or drink anything other than water for at least 4 hours prior to the measurement.*
- 2. Do not smoke, use nicotine, consume caffeine, nutritional supplements, drugs containing ephedra (Ma Huang) or pseudoephedrine for at least 4 hour prior to the measurement.*
- 3. Do not exercise (aerobic or strength training) for at least 8 hours before your scheduled appointment.*