

CARB Study Calendar

Week	Weekdays		Weekends
	Monday	Tuesday, Wednesday, Thursday, Friday	Saturday and Sunday
1	Feeding Period 1: Day 1 A.M. Clinic for fasting blood draw. take home B&L, eat dinner at HNL, take home B&L for next day	Days 2, 3, 4 & 5 Eat dinner at HNL, take home B&L for next day. Weight check, complete questionnaires Friday: Take home food for weekend and Mon B&L	Days 6 & 7 Eat meals at home
2	Days 8, 9, 10, 11 & 12 Eat dinner at HNL, take home B&L for next day, Weight checks, complete questionnaires. Friday: Take home food for weekend and Mon B&L		Days 13 & 14 Eat meals at home
3	Days 15, 16, 17, 18 & 19 Eat dinner at HNL, take home B&L for next day, weight checks, complete questionnaires. Friday: Take home food for weekend and Mon B&L		Days 20 & 21 Eat meals at home
4 Collect stool sample (optional)	Days 22, 23, 24, 25 & 26 Eat dinner at HNL, take home B&L for next day, weight checks, complete questionnaires. Friday: Take home food for weekend and Mon B&L		Days 27 & 28 Eat meals at home Sunday, Day 28 Begin 24-hr urine collection. Fast for next day blood draw
5	Day 29 End 24-hr urine collection. A.M. Clinic for fasting blood draw. End of Feeding Period 1 Eat your own food	Washout Period Eat your own food	
6	Washout Period Eat your own food		
7	Washout Period Eat your own food		
8	Washout Period Eat your own food		
9	Feeding Period 2: Day 1 A.M. Clinic for fasting blood draw, take home B&L, eat dinner at HNL, take home B&L for next day	Days 2, 3, 4 & 5 Eat dinner at HNL, take home B&L for next day, weight checks, complete questionnaires Friday: Take home food for weekend and Mon B&L	Days 6 & 7 Eat meals at home
10	Days 8, 9, 10, 11 & 12 Eat dinner at HNL, take home B&L for next day, weight checks, complete questionnaires. Friday: Take home food for weekend and Mon B&L		Days 13 & 14 Eat meals at home
11	Days 15, 16, 17, 18 & 19 Eat dinner at HNL, take home B&L for next day, weight checks, complete questionnaires. Friday: Take home food for weekend and Mon B&L		Days 20 & 21 Eat meals at home
12 Collect stool sample (optional)	Days 22, 23, 24, 25 & 26 Eat dinner at HNL, take home B&L for next day, weight checks, complete questionnaires. Friday: Take home food for weekend and Mon B&L		Days 27 & 28 Eat meals at home Sunday, Day 28 Begin 24-hr urine collection. Fast for next day blood draw
13	Day 29 End 24-hr urine collection. A.M. Clinic for fasting blood draw. End of Feeding Period 2, End of Study	B=Breakfast L= Lunch HNL=Human Nutrition Lab	