

Center for Human Nutrition

Services Available

- Dual Energy X-Ray Absorptiometry (iDXA or iDEXA)
 - **Body Composition Analysis:** State-of-the-art assessment of body fat including abdominal visceral fat; regional body fat distribution; and regional lean muscle mass estimation.
 - **Bone Mineral Density Analysis:** scanning of lumbar spine and femoral hip regions for bone mineral density analysis, including assessment of osteoporosis and bone fracture risk
 - **Basal Metabolic Rate:** Using measurements from iDXA, a metabolic mapping algorithm provides estimation of the basal metabolic rate, useful for design of weight-loss programs using dietary and exercise approaches.

Location

Human Performance Laboratory
UCLA Center for Human Nutrition
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