

Metabolism Measurement Guidelines



As part of your program at Foundations Family Nutrition you may choose to have your metabolism tested with the FDA approved device called MedGem. This is an easy procedure that involves simply breathing into the device (see picture above) for 5-10 minutes.

The MedGem is a portable device that precisely determines your Resting Metabolic Rate (RMR), the number of calories you burn while your body is at rest. The results are far more accurate than traditional estimates based on your age, weight and height. Once you know your individual RMR, you're well on your way toward getting a personalized eating and exercise plan from your Foundations Family Nutrition dietitian.

Please Note! To ensure accurate results, it is important that you adhere to the following guidelines. Prior to your visit:

- Do not eat for at least 3 hours
- Do not exercise for at least 4 hours (aerobic or strength training)
- Do not consume caffeine for at least 3 hours
- Do not consume nutritional supplements or medications containing ephedra, Ma Huang, or pseudo ephedrine for at least 2 hours
- Do not smoke or use nicotine for at least 1 hour

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