

UK Biobank

Emerging issues in Nutrition

UK Biobank Prospective Cohort

- 500,000 UK men and women aged 40-69 years

NUTRITIONAL ASSESSMENT

- Anthropometry: height; weight; waist and hip circumference; bio-impedence
- Biochemistry: lipids, vitamin D, potassium, calcium, iron, zinc, etc. (available end 2016)
- Dietary assessment: Food frequency questionnaire (30 item; main food groups but some omissions)
 - subset of participants (up to 200,000 including last 70,000): online 24 h recall

What do these measurements allow?

- Analysis of:
 - Nutrient intake (subset)
 - Food group intake (full/subset; some omissions)
 - Dietary pattern analysis: *a priori and a posteriori* (full/subset)
 - Body composition (full)
 - Nutritional status (full)
 - Gene/environment interactions (full)
 - Lifestyle behaviours (full)