

National Diet and Nutrition Survey (NDNS)

Doubly Labelled Water (DLW)

How much energy do you use?

Information leaflet for children



We are going to ask you to have a drink of doubly labelled water. Lots of people have drunk this type of water in the past, and it is completely safe.

It looks and tastes just like water from the tap in your kitchen.



For more info have a look at

www.natcen.ac.uk/taking-part/studies-in-field/national-diet-and-nutrition-survey/

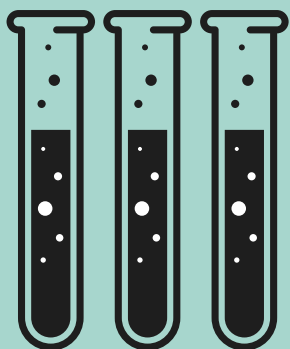
Drinking doubly labelled water



Before you drink the doubly labelled water we need to collect a sample of your wee. Then 4 to 6 hours after you have drunk the doubly labelled water, we need you to collect another sample of your wee.

Starting the next day, we then need you to give us a sample of your wee everyday for 13 days. We will give you small cups to collect the wee and tubes to put it in. Your parent or guardian can help you if you need it.

They also need to write down the date and time you collected your wee. You can help us by reminding them so they don't forget (thanks!).



We will use your wee to find out how quickly your body gets rid of the doubly labelled water you drank. This tells us about how much energy you are using. You will get a special certificate for helping science at the end.

Thank you for taking part!



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