**Guiding Principle**

The restriction of or access to food or fluids from an animal's ad libitum (free feeding) consumption is referred to by the Guide and “Regulations”. This may entail *scheduled* access to food or fluid sources or *restriction* of the total daily amount of food or fluid provided to the animal. Regulation of food or fluid intake may be required for the conduct of some physiological, neuroscience, and behavioral research protocols. The objective is to use the least regulation that will maintain the well-being of the research animals, while at the same time helping the investigator achieve the scientific objective.

Scientific justification must be provided when food or fluid regulation is proposed. The development of IACUC protocols that involve food or fluid regulation requires the evaluation of three factors: the necessary level of regulation, the potential adverse consequences, and methods for assessing the health and well-being of the animals.

Animals that require food and/or fluid regulation must be closely monitored to ensure that food and fluid intake meets their nutritional needs. Body weights must be recorded at least weekly. Written records must be maintained for each animal to document daily food and fluid consumption, hydration status, and any behavioral or clinical changes used as criteria for temporary or permanent removal of an animal from a protocol.

For the purpose of this Guiding Principle, food and/or fluid restriction will include any deviation from normal husbandry procedures, with the exception of fasting for surgical procedures. Pre-surgical fasting is generally for a period of less than 12 hours and these guidelines do not apply.

**Definitions of Food and/or Fluid Regulation:**

- Scheduled Access-An animal consumes as much as desired at regular intervals
- Restriction-The total volume of food or fluid consumed is strictly monitored and controlled.

**Requirements**
Procedure

1. Protocol Requirements
   1.1. Provide justification for food/fluid regulation.
   1.2. Provide a complete description of the proposed food/fluid regulation including the feeding schedule, length of regulation, and/or the total amount of food/fluid restriction (i.e. an exact percentage of the amount of food/fluid being restricted that was calculated from a measured amount of normal daily consumption).
   1.3. Describe any potential adverse effects from the regulation and how the animals will be monitored to detect those adverse effects. Monitoring must include daily observation, food/fluid consumption, and weekly bodyweights.
   1.4. Indicate criteria (behavioral and/or clinical changes) to be used for temporary or permanent removal of an animal from regulation.

2. Record Keeping: A daily log sheet for food or fluid regulation is available for use (see below).

2.1. The following items must be maintained for each animal on study:
   A. General information including protocol number, PI, contact person, etc.
   B. Baseline weight (before regulation begins)
   C. Daily food consumption
   D. Daily fluid consumption
   E. Feeding schedule if scheduled access
   F. Daily health observations (e.g. hydration status, behavior, body condition score)
   G. Weekly weight (may be more often if protocol requirements indicate).
   H. Date, time, and initials of personnel who evaluated animal-daily.

Note: exceptions or alternative recordkeeping plans approved in your IACUC Protocol may supersede the guidance above.
Daily Log Sheet for Food or Fluid Regulation

Refer to the Policy for Food and/or Fluid Regulation on the IACUC Website

Protocol #:______________________                      PI: _____________________________________

Contact Person: ____________________________________________________________________

Contact Phone/s: ___________________________________________________________________

Type of Restriction: Food □ Water □ Both □  Baseline Weight: ____________________________

Restriction Start Date: ______________________       Restriction End Date: ___________________

Feeding Times (if scheduled access): __________________________________________________

Animal ID# ___________________ *If being offered ad-libitum, indicate “ad-lib” in column

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<thead>
<tr>
<th>Date/Time</th>
<th>Water* Amt given</th>
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