

Personalized Nutrition – A trend gaining momentum: Hope or Hype?

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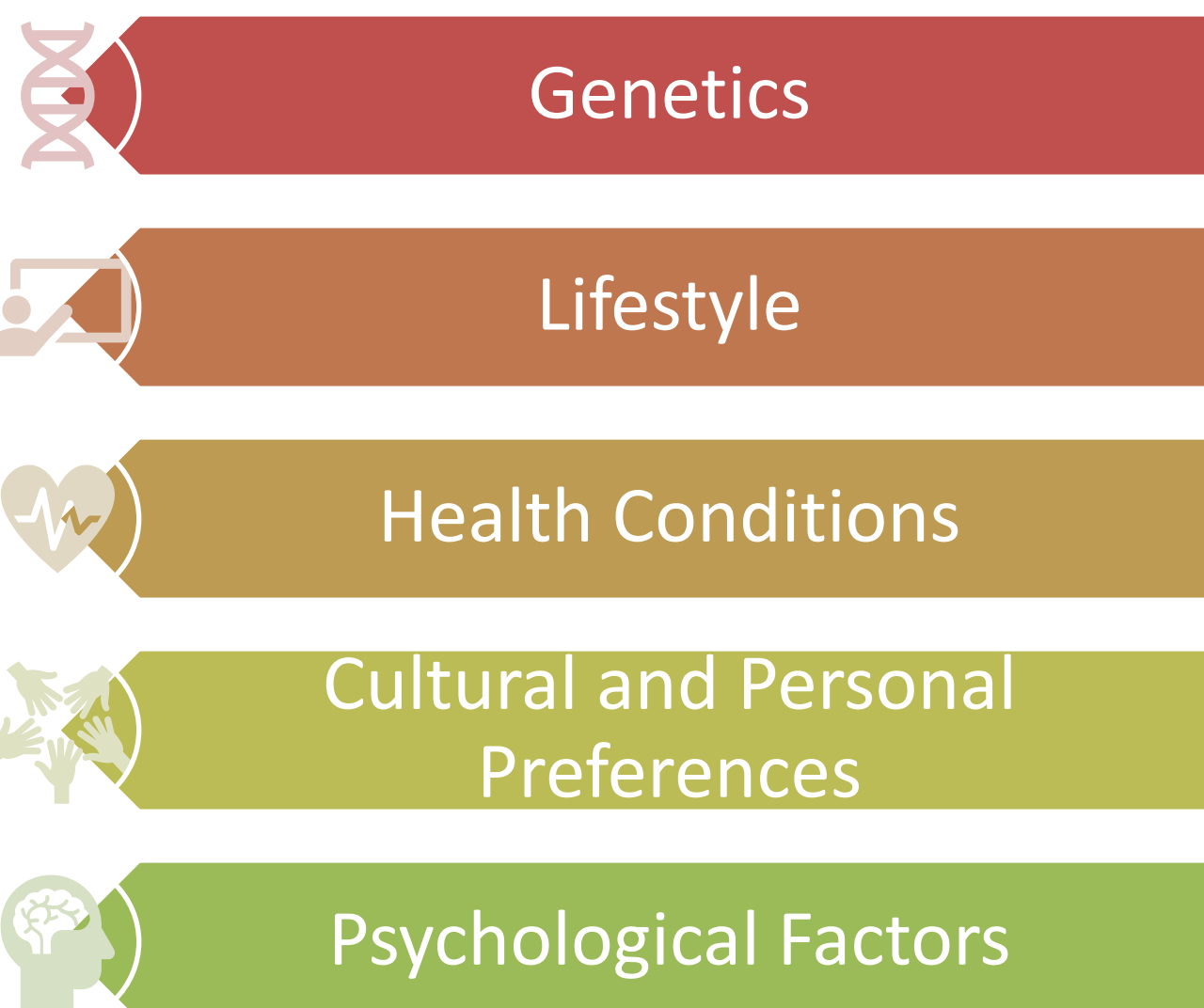
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Introduction

The concept of ‘personalized’ or ‘precision’ is widely used in the medical field nowadays since the Precision Medicine Initiative was launched in 2015 in the United States.

Like it the recent trend is the use of individualized data about a person to customize dietary therapies, such as recommendations, materials, and services, to help them achieve better outcomes through individual and genetic-based strategies, sometimes called personalized or precision nutrition.

Factors Influencing Personalized Nutrition



Benefits of Personalized Nutrition

Enhanced health outcomes (e.g., reduced risk of chronic diseases).

Improved energy levels and mental clarity.

Better management of weight.

Greater adherence to dietary recommendations when they align with personal preferences.

Methods of Determining Personalized Nutrition

- **Nutrigenomics:** Explore how gene testing can provide insights into nutritional needs.
- **Food Sensitivity Testing:** Describe how tests can identify food intolerances or allergies.
- **Health Assessments:** Highlight the use of questionnaires and health tracking to assess dietary needs.
- **Consultation with Professionals:** The role of dietitians or nutritionists in creating personalized plans.

Creating a Personalized Nutrition Plan

Assess dietary habits.

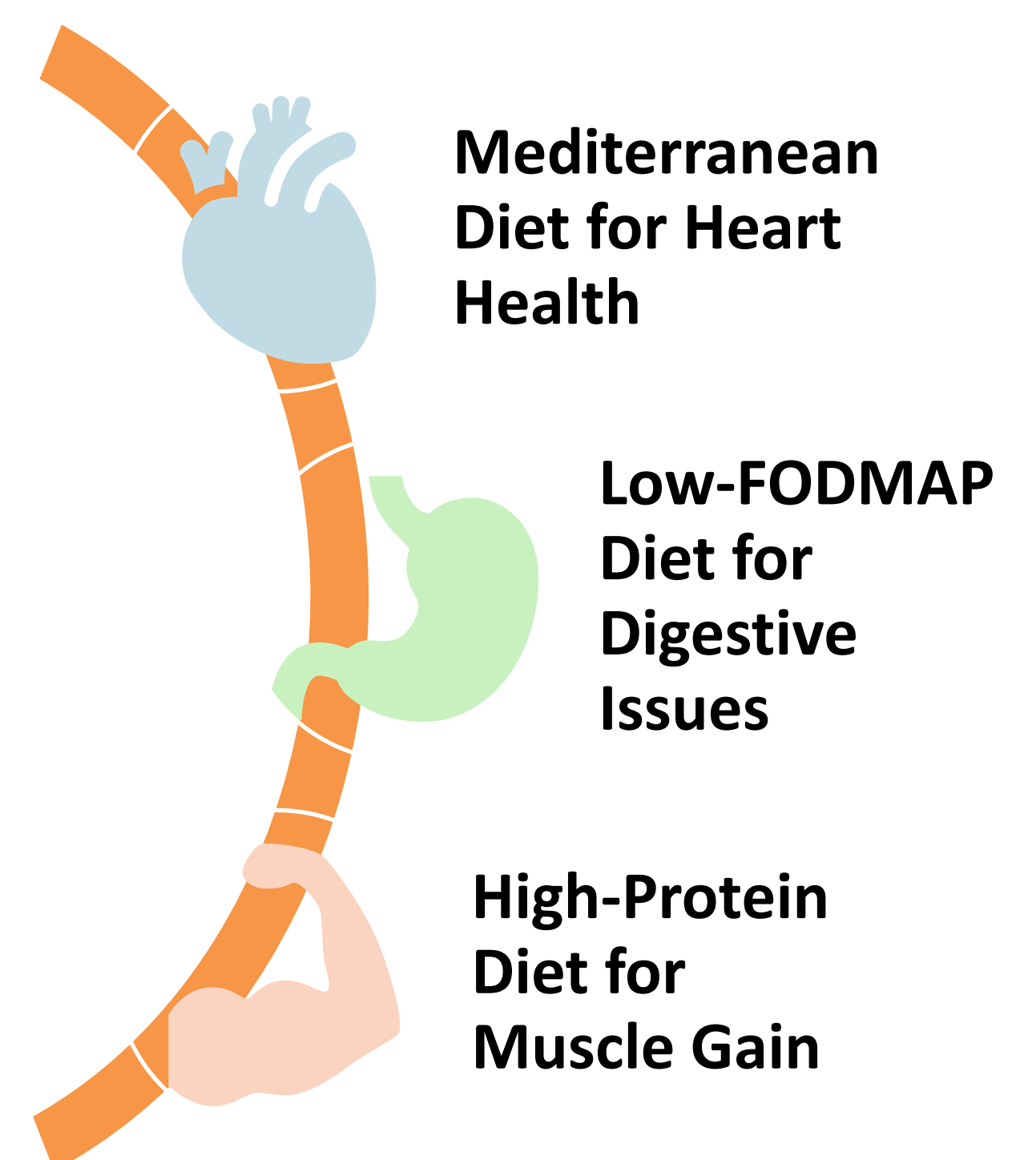
Conduct necessary tests

Set personal health goals.

Select appropriate foods and supplements.

Implement and monitor the plan's effectiveness.

Personalized Nutrition Approaches



CONCLUSION

As personalized nutrition promises to embrace and harness new technologies and integrate them into dietary interventions trial but it being expensive and having less impact on population health it requires collective efforts from ethical and legislative aspects of executing it through successful strategies, laws, and population-centered approaches.

FUTURE WORK / REFERENCES

