

Your diet affects your grandchildren's DNA, scientists say

You are what you eat, the saying goes. And, according to two new genetic studies, you are what your mother, father, grandparents and great-grandparents ate, too. Diet, be it poor or healthy, can so alter the nature of one's DNA that those changes can be passed on to the progeny. While this much has been speculated for years, researchers in two independent studies have found ways in which this likely is happening.

The findings, which involve epigenetics, may help explain the increased genetic risk that children face compared to their parents for diseases such as [obesity](#) and diabetes. The punch line is that your [poor dietary habits](#) may be dooming your progeny, despite how healthy they will try to eat.

View the original article here: [Your Diet Affects Your Grandchildren's DNA, Scientists Say](#)