

Nutrigenomics: There is no universal healthy diet

The following is an editorial summary.

The ubiquitous Food Pyramid (and newcomer MyPlate) offer the same dietary recommendations for everyone above two years of age, including those with a higher risk of chronic disease. They overlook the fact that genetically, we are all different.

This explains why some people eat seemingly healthy diets but have trouble controlling their weight, while others can eat french fries and burgers but remain thin.

Based on genetics, foods that may be good for one person's diet may be harmful for another's. That is not to say that we shouldn't follow the Dietary Guidelines, but when looking at our plate up close, the ingredients may differ from one person to another depending on the individual's genetic structure

View the original article here: [Genetics and nutrition: Do all healthy diets work for everyone?](#)

Additional Resources:

- [Tufts Nutrition and Genomics Laboratory](#)
- "Connecting food and genetics," VOXXI