

British four-year olds offered DNA tests, to teach about obesity

Children as young as four years old are being offered DNA tests that will help determine the kind of diet and exercise that will work best for them later on in life, the Daily Mail reports.

This is the first time ever that personalized diets and exercises based on genetic footprints has been targeted at children living in the United Kingdom. Parents of these children sent off a mouth swab from their child and received a 20-page report containing valuable information about their child's genetic composition. Children are classified into one of three types of diet – low fat, low carbohydrate, or one that is balanced and calorie-reduced, along with an exercise guidance based on their genetic make-up.

Read the full, original story: [Four-Year Olds Offered DNA Tests That Will Show Which Diet and Exercise Will be Best For Them](#)