

## Fried food packs a greater caloric punch for some, based on genetics

A diet full of fried foods isn't good for anyone, but it may result in more weight gain for people at a high genetic risk of obesity, a new study suggests.

The study, published in the journal BMJ, is the latest evidence that life isn't fair when it comes to navigating a world of french fries, soda and comfy sofas — because some people are genetically predisposed to become fatter than others indulging in the same bad habits.

It's a “groundbreaking concept” that could lead to more individualized prescriptions for weight control, says lead author Lu Qi, an assistant professor of nutrition at the Harvard School of Public Health.

**Read the full, original story:** [Study: Fried food more fattening depending on genes](#)