

## Genetics tells us to rethink 'one size fits all' healthy diet

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.**

Some people eat as little fat as possible to lose weight and stay healthy, while others avoid [carbohydrates](#). A vegan diet (with no animal products) and the paleo diet (with lots) both have enthusiastic devotees. One popular diet encourages intermittent fasting, another frequent small meals. Who's right?

Perhaps they all are, according to the new field of "personalized nutrition."

An Israeli study of personalized nutrition was heralded by a media frenzy. "This diet study upends everything we thought we knew about 'healthy' food," claimed one headline. The study suggested that dieters may be mistakenly eating a lot of some foods, like tomatoes, that are good for most people, but bad for them. And it raised the possibility that an individualized approach to nutrition could eventually supplant national guidelines meant for the entire public.

Personalized medicine has already become well established in clinical practice. We know that the effects of some drugs vary from person to person and that genetic analysis of tumors can help doctors select the best [cancer](#) treatment for a particular patient. Despite the recent fanfare, we have also known for a long time that people respond differently to specific foods based on their genes, past health or other factors.

**Read full, original post:** [Could Your Healthy Diet Make Me Fat?](#)