

Can genetics determine your perfect diet?

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[N]ew findings in mice...show that diet response is highly individualized.

“There is an overgeneralization of [health benefits](#) or risks tied to certain diets,” said William Barrington, Ph.D., a researcher from North Carolina State University[.] “Our study showed that the impact of the [diet](#) is likely dependent on the genetic composition of the individual eating the diet, meaning that different individuals have different optimal diets.”

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“Mice provide a powerful model for studying the effects of diets in different genetic backgrounds...” said Barrington.

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“Given the...genetic similarity of humans and mice, it is highly likely that the level of diversity of diet response...will also be observed in humans,” said Barrington. “Since there are different optimal diets for different individuals, this underscores the need for precision nutrition[.]”

The researchers are now working to identify the genes and biological mechanisms involved in the varying responses to diets. This line of research could eventually lead to a genetic test that identifies who is likely to benefit or experience negative [health effects](#) from certain diets.

Read full, original post: [Your best diet might depend on your genetics](#)