

## Can a DNA test predict your food allergies?

Companies are jumping on the nutrigenomics bandwagon – the emerging science of how nutrition interacts with your individual DNA.

Every time Rebecca Castle sat down to eat her favorite food, she says she suffered excruciating abdominal pain.

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That pain went on for more than two years. Castle saw multiple doctors and then took a saliva DNA metabolic test. “I was allergic to starch,” she said. “That’s mostly root vegetables, corn, peas, sweet potatoes.”

Ahmed El-Sohemy is the chief scientific officer at Nutrigenomix. “Individual genetic differences can help us understand why some people respond differently from others,” El-Sohemy said. Nutrigenomix says their DNA test looks at a person’s 45 genetic markers. The company makes recommendations based on the patient’s genetic profile, pointing out attributes like “an elevated risk for low iron.”

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“DNA tests for diet and exercise just are not validated,” [said Dr. David Agus, a CBS News contributor.] “There are very few of them that actually have data behind them.”

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There is a kernel of science behind the interaction of nutrition and genetics. But the ability to use your own genome to predict how you will respond to specific nutrients – that science is not there yet.

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Company Claims DNA Test Can Predict Dietary Problems](#)**