

Debate rages over whether your DNA can help create a personalized diet

Companies now want to take the buzz over DNA testing one step further and market the tests as a way to determine how people's bodies handle nutrients. And tech firms are stepping up to fill that demand. More and more genetics startups are getting into nutrition, with tests that claim to help people choose the best food to eat to feel good and even lose weight.

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At Habit, it's not just DNA data they're using to make diet recommendations. For \$299, Habit sends customers an at-home test kit containing DNA cheek swabs, three finger-prick blood tests, and a "metabolic challenge shake" loaded with 950 calories. Users take one blood test prior to drinking the shake, and two more timed blood pricks afterwards. The bloodwork is designed to show how your body metabolizes the huge amounts of carbohydrates, fats, and proteins in the shake.

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The Academy of Nutrition and Dietetics agrees [this kind of testing may not be ready for primetime], writing in a 2014 opinion paper that, "...the use of nutrigenetic testing to provide dietary advice is not ready for routine dietetics practice." In the same paper, the Academy did also characterize nutritional genomics as insightful into how diet and genes impact our phenotypes.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Trying to Find a Healthy Diet? Look to Your Genes](#)