

Why do people respond to diets differently? Study on a million Americans probes impact of biology, lifestyle and gut microbiome

There's plenty of one-size-fits-all nutrition advice. But there's mounting evidence that people respond differently to food, given differences in biology, lifestyle and gut microbiomes.

The National Institutes of Health wants to learn more about these individual responses through a [Nutrition for Precision Health study](#), and... researchers began enrolling participants to take part in the study [at 14 sites across the U.S.](#)

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It's part of the [All of Us](#) research initiative that aims to use data from a million participants to understand how differences in our biology, lifestyle and environment can affect our health.

[Holly Nicastro](#) of the NIH Office of Nutrition Research says the goal of the precision nutrition study is to help develop tailored approaches for people. "We'll use machine learning and artificial intelligence to develop algorithms that can predict how individuals will respond to a given food or dietary pattern," Nicastro says.

The study will take into account a person's genetics, gut microbes, and other lifestyle, environmental and social factors "to help each individual develop eating recommendations that improve overall health," Nicastro says.

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