

How do people uniquely respond to different diets? 500 Americans will be living at scientific facilities for six weeks to find out

Kevin Elizabeth, a 28-year-old tech worker, is one of 500 Americans who will be living at scientific facilities around the country for six weeks, eating precisely selected meals and undergoing hundreds of medical tests. He is part of a new study, costing \$189 million, that is one of the most ambitious nutrition research projects the National Institutes of Health has ever undertaken.

If the study succeeds, it could help Americans get healthier and cut through years of confusion about nutrition guidance.

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The NIH study will involve 10,000 participants in total [at least 500 of which will stay in scientific facilities], some of whom are signing up for intense measures, like monitors that follow them and make sure they don't eat smuggled food, or special eyeglass attachments to record what they eat.

If all goes according to plan, in a few years you'll be able to walk into your doctor's office, get a few simple medical tests, answer questions about your health and lifestyle, and receive personalized diet advice.

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"There can be this public perception out there that 'Oh, everyone knows what you're supposed to eat, but it doesn't work for me.' But if this is for me and based on me," people might be more likely to follow the plan, Nicastro said.

[**This is an excerpt. Read the original post here**](#)