



nutrients



Special Issue Reprint

Precision Nutrition

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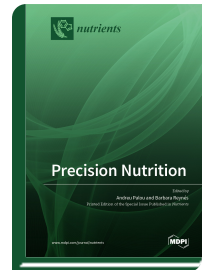
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ISBN 978-3-0365-7484-4 (Hardback)

ISBN 978-3-0365-7485-1 (PDF)



New scientific advances in different areas have allowed the design of more precise strategies for the prevention and treatment of metabolic disorders through nutrition. In this context emerges the term Precision Nutrition, a new approach that takes advantage of scientific knowledge about the interaction of internal and external environmental factors to develop dynamic and precise nutritional recommendations.

Therefore, Precision Nutrition includes personalized advice based on genetics and well-documented gene–nutrient–phenotype interactions, as well as other factors such as individual metabolome, transcriptome, and microbiota profile; food behavior; and dietary, physical activity, and life-style habits; and the resulting interactomes.

Precision Nutrition should be based at least on three sequential steps: conventional nutritional approaches (considering age, gender, and physiological states); the incorporation of nutritional and health status information (e.g., metabolites, physical and nutritional behavior); and the genetic baggage including multiomics functional integration.



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