

PERSONALIZED NUTRITION: PRINCIPLES AND APPLICATIONS

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Key Features

- Considers the practical validity of the personal diet- and health relationship
- Addresses the molecular, physiological, epidemiological, and public health aspects of personalized nutrition
- Uses examples of major chronic diet-related diseases
- Discusses the behavioral, ethical, and consumer perspectives that will influence the introduction of personalized nutrition
- Links personalized nutrition with existing models for behavior change
- Combines multiple scientific disciplines in one reference guide

|| **CRC Press** ||

About the Book

Recent "omics"-related observations in diet and health research indicate that the differences between people are often much larger than the differences effected by the dietary treatment. **Personalized Nutrition, Principles and Applications** defines personalized nutrition from both a biomedical and social science perspective. It presents an overview of nutrigenomics technologies and their application to discover the molecular mechanisms involved in major diet-related chronic disorders. Comparing the practices and opinions of five interest groups, it reviews the marketing potential, consumer attitudes, and the ethical issues related to personalized advice. The authors also consider ongoing innovations in food technology, nutrigenomics, and food delivery systems and raise humanitarian issues for developing countries.

Selected Contents

Introduction to Personalized Nutrition. The Scientific Basis for Individuality. Genomics, Nutrigenomics for Personalized Nutrition. Metabolic Assessment of Individuals. The Use of Biomarkers to Assess Individuals Nutritional Requirements. How to Increase Consumers Self-Knowledge for Personalized Nutritional Advice? Individualization of Products: Food Technology for Personalized Nutrition. The Consumer Perspective on Personalization. Food Products for Personalized Nutrition. Communication of Personalized Nutrition: Preparing for Legitimate and Successful Introduction. The Medical/Healthcare Perspective for Disease Prevention by Personalized Food Recommendations. Ethical Issues of Personalized Nutrition. Legal (governance) Issues of Personalized Nutrition. Synthesis of All Fields.

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