



nutrients



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Understanding Variation in Responses to Nutrients/Diet: Implications for Obesity

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Message from the Guest Editors

Genetic variation in humans has been shaped by diet and food availability, among other environmental factors. It is also recognized that variation in responses to diet is influenced by genetic variation as well as the microbiome and epigenetics. One area of variation that is acknowledged as important but still understudied in nutrition is the inherent differences in individual responses to diet and their effect on the risk for chronic diseases such as obesity. The increasing prevalence of obesity has been a cause of concern. Understanding inter-individuality in dietary responses and physiological adaptations to weight loss and/or weight changes, and the genetic, microbiome, or epigenetic influences on them, can provide a better understanding of the pathophysiology of obesity and take us a step closer to developing effective personalized nutritional plans.

Original research articles and reviews (systematic reviews, critical reviews, and meta-analyses) are welcome.



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