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## Precision Nutrition and Human Health

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### Message from the Guest Editors

Precision nutrition, a relatively novel area of research, addresses individualized characteristics and utilizes cutting-edge assessment tools to promote a healthier life and decrease the risk of developing a chronic disease. The discovery of gene variants, associated with ethnicity or race, has provided important information related to gene–diet interactions. Further, research suggests that diet responses and health outcomes may also be influenced by sex-specific differences, age and life stage, unique microbiome profiles, metabolic status, etc. Thus, precision nutrition will play a key role in future recommendations for protecting individuals against chronic disease.

This Special Issue will focus on “Precision Nutrition” insofar as it pertains to most novel information regarding gene–diet interactions and population-specific diet responses and how this relates to chronic disease. We are interested in original research that focuses on the identification of novel gene–diet interactions and individualized diet responses, as well as data that confirm gene–diet interactions and precision nutrition evidence that has previously been established.



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**Special** *Issue*



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