

Special Issue

Current Insights into Genome-Based Personalized Nutrition Technology

Message from the Guest Editor

Genome-based personalized nutrition technology represents a transformative approach to optimizing dietary interventions through the integration of genetic information. Advances in genomic sequencing and bioinformatics have enabled the identification of genetic variations that influence metabolism, nutrient absorption, and the risk of disease. These insights facilitate the development of tailored nutritional strategies that enhance health outcomes and manage conditions such as obesity, diabetes, and cardiovascular disease. By addressing individual dietary responses, genome-based nutrition moves beyond traditional one-size-fits-all guidelines toward precision-driven, preventive healthcare. As genomic tools become more accessible and cost-effective, this technology could improve the health of the population while advancing the personalization of dietary recommendations in clinical and public health contexts. This Special Issue focuses on the latest advancements, applications, and challenges in genome-based personalized nutrition, highlighting its role in precision healthcare and public health.

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Deadline for manuscript submissions

20 January 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/228162

Nutrients
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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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