

Precision Nutrition Approach For Prevention and Management of Obesity

by

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80_Recommendations

- More research studies evaluating the effectiveness of personalized nutrition interventions are needed.
- Efficacy of these interventions can be validated in a large-scale population with larger sample size.
- Education and awareness regarding the personalized nutrition approach and the tools such as nutrigenetic and gut microbiome profiling tests is needed.
- Development of Indian nutrigenome database is the need of the hour and can be served as a critical tool for various research and development activities in nutritional omics
- Training of health professionals and academicians on nutritional omics will help progress the developments in the area of precision nutrition.