

Session I Lecture 2

Personalized Nutrition and behavioral impact

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Summary

The incidence of dietary-related diseases, such as obesity and type 2 diabetes, is growing. At the same time one-size-fits-all attempts to turn the tide have not been very successful. Personalized nutrition and personalized dietary advice, based on an individual's physiological and psychosocial characteristics, can be more effective. It can help people to make healthy choices in a way that best suits them; choices that suit what their bodies need as well as what fits their personality and social environment.

We will present an overview of the latest trends in Personalized Nutrition & Health and behavioral impact, combined with applied scientific examples around generating and validating personalized dietary advice.