Genetic articles

Community rotation

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Genetic testing becomes easier and more convenient with consumer personal self-test that are available online with a reasonable price. The genetic testing is becoming popular because people believes that the information from genetic test can be used to positively improve health and prevent chronic diseases. There are many tests some of those tests allows us to make a personalized diet plan rather than one plan that will fit all. The future diet will be more personalized, considering diseases, medical history, allergy, tolerance, and favorites. Many of these categories can be identified through the genetic test, instead of years to find out what dait work through life experiences. I found two articles are about genetic information and its relation to nutrition.

I wanted to know more about genetic testing and its effect on dietary intake, eating behaviors, and weight management. Learning more about this topic, it will help me during the rotation. I would have a better understanding of the reason and the ways it is used in practice. I am interested in searching more on this topic from a psychological and behavioral side, and who does people’s believe in genetic testing can lead people to change their behavior after people? what makes them change their eating behavior and lifestyle? Is it the individualized information that makes the difference?

The first article was published in the nutrition journal discussed how genetic information could help improve weight management. The study was done on 50 patients that had failed to lose weight and were followed for 300 days. A participant was offered a Mediterranean diet. After comparing the two groups who took the test and the group who did not, they found that the participants who used genetic information did better on a diet and found a reduction with the BMI in the long term. They also found improvement in glucose levels (Arkadianos, Valdes, Marinos. , *et al.,* 2007).

The other article is about the effect of genetic testing on dietary intake. A double-blinded test was done to gather information on nutrition-related genetic data collected in the long term. Participants receive specific advice from a personalized DNA test on how to follow a healthy diet. A recommendation was told to the participant on what the genetic test result means on a daily lifestyle. The results found not many changes in the dietary patterns in generals, but a dramatic change was found on a specific recommendation such as low sodium intake (Nielsen, & El-Sohemy.2014).

The reason I picked these articles is that my clinical rotation is in a privet nutritional therapy business that used genetic testing as a tool for weight management and exercise. My rotation was in McDaniel nutrition therapy. The nutrigenetic test is used as a tool to get the client to learn more about their body and work for them according to their gens. For example, the result of the genetic test gives a suggestion to a client that weather weightlifting or cardio can be more effective in losing weight. It also may show the best macronutrient percentage differnat can help certain people but not others. Some people can lose more wight eating high protein diet and other need high fat or carb to loss the weight or preform in sport according to the gens of the person. Genetic test result makes people realize why some diet plans work better than other and why for instant keto diet is not for everyone.

Searching for these articles before my rotation I found a lot of studies done on genetic topic. Those articles are useful because I am not very familiar with the genetic test and its relationship with diet, so reading through those articles helped me working with some confidence in this area on the rotation site. science based evidence study about a service provided on sites can be beneficial for this site or other sites that provide the same services. The articles can be used as an evidence-based science supporting the reason this test is a great tool to assist in planning a diet and exercise.

Reference

Arkadianos, I., Valdes, A.M., Marinos, E. *et al.* Improved weight management using genetic information to personalize a calorie controlled diet. *Nutr J* **6,**29 (2007). https://doi.org/10.1186/1475-2891-6-29

Nielsen, D. E., & El-Sohemy, A. (2014). Disclosure of genetic information and change in dietary intake: a randomized controlled trial. *PloS One*, *9*(11), e112665. https://doi.org/10.1371/journal.pone.0112665