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Metabolomics has emerged as a pivotal tool in the realm of personalized nutrition, facilitating the identiýcation of biomarkers that elucidate individual responses to dietary interventions. This review explores recent advancements in metabolomics technology and its application in deciphering metabolic signatures inþuenced by diet. By analyzing small molecule metabolites in bioþuids and tissues, metabolomics enables precise characterization of biochemical pathways a ected by dietary components. Key biomarkers identiýed through metabolomic proýling o er insights into metabolic phenotypes, aiding in the formulation of tailored dietary recommendations. Furthermore, integrative approaches combining metabolomics with genomic and microbiome data enhance our understanding of personalized nutrition strategies. This abstract underscores the transformative potential of metabolomics in revolutionizing dietary guidance, paving the way towards optimized health outcomes through personalized nutrition interventions.

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