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Keywords: Personalized Nutrition; Nutritional Genomics; Genetic Testing; Metabolic; Tailored Diet; Individualized Diet; Record-keeping, Gut Microbiome

3. Disease Prevention: By aligning dietary recommendations with genetic predispositions and lifestyle factors, personalized nutrition can help reduce the risk of chronic diseases such as heart disease, diabetes, and obesity [8].

4. Increased Adherence: Customized dietary plans that take into account individual preferences and cultural differences are more likely to be followed, leading to better adherence to dietary recommendations.

Challenges and Limitations

1. Cost and Accessibility: Personalized nutrition can be expensive, particularly for individuals with limited financial resources. Additionally, access to personalized nutrition services may be limited in certain geographic areas.