



DEMO REPORT

Diet

In nutrition, diet is the sum of food consumed by a person or other organism. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy.

Complete nutrition requires ingestion and absorption of vitamins, minerals, essential amino acids from protein and essential fatty acids from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. Dietary habits and choices play a significant role in the quality of life, health and longevity.

[Return to the traits dashboard](#)

24 entries

Full View

Sort by risk

Sort by name

Adipose Tissue Formation

This result is based on **3 genetic variants** associated with "Adipose tissue formation" analyzed in the scientific paper [\(1999 Oct - Barak Y\)](#)



Diet

Your results

Slightly increased adipose tissue formation



Description

Adipose tissue, often referred to as fat tissue or fatty tissue, is a connective tissue composed mostly of fat cells called adipocytes. Adipocytes appear to be energy-storing cells with massive blobs of fat termed lipid droplets encased in a fiber-structured net. Adipocytes are divided into three types based on their shape, location, and function: white adipocytes, brown adipocytes, and beige adipocytes. White adipose tissue is the most frequent kind of fat in the human body. It is present under the skin, surrounding internal organs, in the core hollow of bones, and cushions numerous body sections. Its primary function is to store energy. However, it also protects the body from high temperatures, cushions essential organs, and excrete hormones and biological components.

[Learn more](#)



Beverages - Coffee Consumption Tendency

This result is based on **85 genetic variants** associated with "Beverages - Coffee consumption tendency" analyzed in the scientific paper [\(07/15/2019 - Zhong VV\)](#)



Diet

Your results

Average genetic predisposition



Description

Coffee is one of the most popular drinks on the planet. Around 166.63 million 60 kilogramme bags of coffee were consumed globally in 2020/2021, up slightly from 164 million bags the following year. Coffee is now cultivated in over 70 tropical nations and consumed worldwide, and it is the world's 2nd most traded commodity after oil. Brazil, Vietnam, and Colombia are the world's leading coffee producers. Scandinavian nations have the greatest yearly per-person usage, owing to their long, dark, and cold winters. On a per-person basis, the U.s consumes around 4.4 kilogrammes (9.7 pounds) of coffee per year, ranking it as the world's 25th largest consumer. In the United States, the typical individual drinks 3 cups of coffee every day.

[Learn more](#)



Beverages - Grapefruit Juice Consumption Tendency

This result is based on **4 genetic variants** associated with "Beverages - Grapefruit juice consumption tendency" analyzed in the scientific paper [\(07/15/2019 - Zhong VW\)](#)



Diet

Your results

Average genetic predisposition



Description

Grapefruit juice is the juice from grapefruits. It is rich in vitamin C and ranges from sweet-tart to very sour. Variations include white grapefruit, pink grapefruit and ruby red grapefruit juice.

Grapefruit juice is important in medicine because of its interactions with many common drugs including caffeine and medications, which can alter how they behave in the body.

[Learn more](#)



Beverages - Pure Non-Grapefruit Juice Consumption Tendency

This result is based on **2 genetic variants** associated with "Beverages - Pure non-grapefruit juice consumption tendency" analyzed in the scientific paper [\(07/15/2019 - Zhong VW\)](#)



Diet

Your results

Slightly lower genetic predisposition



Description

Fruit juice is 100% pure juice made from the flesh of fresh fruit or from whole fruit, depending on the type used. It is not permitted to add sugars, sweeteners, preservatives, flavourings or colourings to fruit juice.

Fruit juices are usually described as:

- From concentrate
- Not from concentrate
- Freshly squeezed

[Learn more](#)



Beverages - Tea Consumption Tendency

This result is based on **60 genetic variants** associated with "Beverages - Tea consumption tendency" analyzed in the scientific paper [\(07/15/2019 - Zhong VW\)](#)



Diet

Your results

Higher genetic predisposition



Description

Tea is the most widely consumed beverage in the world next to water and is obtained from the leaves *Camellia sinensis*. In recent years, the potential health benefits and effect mechanisms of tea have attracted a lot of interest. The potential health benefits of tea have been attributed to its various phenolic compounds with unique biological properties found in tea. These phenolic compounds are especially catechins and their derivatives, which constitute at most 30% of the dry weight of the tea. Tea is a new and effective strategy for reducing the severity of neurological diseases and for protecting against obesity, cardiovascular disease, type 2 diabetes and certain types of cancer (ovaryum, lung, skin, breast, endometrial, prostate, bladder, oral and colorectal cancers).

Overall, the study that supports the health benefits of tea is increasing. But, the amounts of and the frequency of tea consumption that is associated with potential health benefits vary greatly from work to work and this situation creates difficulty in determining the optimal consumption amount and frequency that tea can exhibit health benefits.

[Learn more](#)

Blood Glucose In Adults

This result is based on **3 genetic variants** associated with "**Blood glucose in adults**" analyzed in the scientific paper [\(2009 Dec - Kelliny C\)](#)



Your results

Avg. fasting Plasma Glucose 5.06 mmol/L (91 mg/dl)



Description

Blood glucose, commonly known as blood sugar, is the quantity of glucose in your blood. It is a sugar that the bloodstream transports to all body cells to provide energy. Most glucose is derived from what we eat and drink and deposited glycogen in the liver and muscles.

Insulin is the hormone that transports glucose from your bloodstream to your body cells for energy and preservation. Diabetes patients have a high amount of glucose levels in the blood. They probably don't possess sufficient insulin to get it through, or the body cells don't react to insulin as does they should.

Hyperglycaemia over an extended length of time might harm your kidneys, eyes, and other organs.

[Learn more](#)

Blood Glucose In Obese Children

This result is based on **3 genetic variants** associated with "**Blood glucose in obese children**" analyzed in the scientific paper [\(2010 Oct - Bouatia-Naji N\)](#)



Your results

Higher insulinogenic index in obese children



Description

Overweight and obesity in infants have grown considerably in recent years, with around one-third of children in the U.S. today being either overweight or obese. Obesity, on the other hand, generates higher levels of fatty acids, blood sugar, and inflammation, which leads to insulin resistance, which can progress to type 2 diabetes. Type 2 diabetes, also known as non-insulin-dependent diabetes, is the most prevalent type of diabetes, accounting for over 90% of all diabetes cases.

In addition, there has been an increase in the prevalence of type 2 diabetes (T2D) amongst kids in past years, with obesity and a family background of T2D being common. Obese children are four times as likely to acquire type 2 diabetes.

[Learn more](#)

Blood Pressure

This result is based on **3 genetic variants** associated with "**Blood pressure**" analyzed in the scientific paper [\(07/01/2003 - Sethi AA\)](#)



Your results

Common risk of high blood pressure



Description

Blood pressure is the force of blood against the artery walls. Arteries transfer blood from the heart to other organs. Your blood pressure fluctuates throughout the day. Two numbers represent blood pressure:

- The arteries' pressure is measured in the first number while the heart beats.
- Diastolic blood pressure monitors the pressure in your arteries between heartbeats is represented by the second number.
- If the reading is 120 systolic and 80 diastolic, you would state "120/80 mmHg."

Normal blood pressure is 120/80 mmHg. In the U.S., 3.6 million women suffer from heart failure. You regardless of your age

[Learn more](#)

Caffeine And Anxiety

This result is based on **3 genetic variants** associated with "Caffeine and anxiety" analyzed in the scientific paper (2008 Nov - Childs E)

[Diet](#)

Your results

Average odds of anxiety levels after moderate caffeine cosumption



Description

The restless stimulants on your body are comparable to those of a traumatic incident. Caffeine triggers your "fight or flight" reaction, which has been proven in studies to aggravate anxiety and potentially provoke an anxiety attack.

Furthermore, anxiety and depression frequently coexist, and coffee can exacerbate anxiety. If you take caffeinated beverages daily, stopping might induce a depressed mood till your body adapts.

Caffeine has been connected to the worsening and retention of anxiety disorders and the onset of panic or anxiety episodes in people prone to such occurrences.

Coffee use over 200 mg has also been demonstrated to enhance the risk of anxiety and distress attacks in a society.

[Learn more](#)

Celiac Disease

This result is based on **6 genetic variants** associated with "Celiac disease" analyzed in the scientific paper (07/23/2019 - Caio G)

[Diet](#)

Your results

Average risk for developing celiac disease



Description

The predisposition to celiac disease (CD) might be inherited; however, the disease actually cannot. Celiac disease is a complex ailment that implies it is caused by numerous genes interacting with environmental factors. People who have a 1st family with celiac disease (parent, kid, or sibling) have a one-in-ten chance of acquiring the condition. Celiac disease can occur at whatever age once patients begin ingesting gluten-containing foods or medications. The probability that a relative of an individual with CD may acquire it is primarily based on empirical risk data. This indicates that its risk is anticipated depending on documented histories of numerous families having affected members.

[Learn more](#)

Celiac Sensitivity (Gluten Intolerant)

This result is based on **4 genetic variants** associated with "Celiac sensitivity (gluten intolerant)" analyzed in the scientific paper (2020 Mar - Ricaño-Ponce I)

[Diet](#)

Your results

Slightly higher genetic predisposition



Description

Non-celiac gluten sensitivity (NCGS) or gluten sensitivity is "a clinical entity induced by the ingestion of gluten leading to intestinal and/or extraintestinal symptoms that improve once the gluten-containing foodstuff is removed from the diet, and celiac disease and wheat allergy have been excluded".

[Learn more](#)


Cruciferous Vegetable Needs

This result is based on **8 genetic variants** associated with "Cruciferous vegetable needs" analyzed in the scientific paper [\(05/11/2021 - Park S\)](#)



Your results

Higher genetic predisposition



Description

Cruciferous vegetables are low-calorie, and rich in folate, vitamins C, E, and K, and fiber. Fiber is an important nutrient to incorporate if weight loss is the goal, as it helps keep you fuller longer.

[Learn more](#)


Histamine Intolerance

This result is based on **3 genetic variants** associated with "Histamine intolerance" analyzed in the scientific paper [\(2007 Sep - Ayuso P\)](#)



Your results

Carrier of one histamine intolerance related allele



Description

In the early years of the twenty-first century, researchers discovered a condition known as histamine intolerance, also known as enteral histaminosis or sensitivity to dietary histamine. If you have histamine intolerance, it does not mean you are allergic to histamine; rather, it means that your body has become too sensitive to histamine. Your body's natural activities might be disrupted if histamine levels are too high or if it is unable to break down. Common allergic reactions and symptoms are linked to histamine. Many of these symptoms are the same as those of histamine intolerance, which many people suffer from. Histamine and the enzyme diamine oxidase are both produced in your body on a regular basis (DAO). DAO is the enzyme that breaks down foods' histamines.

Histamine intolerance happens when histamine levels inside the body rise. Most foods are high quantities of histamine, and various health problems and drugs can lead to intolerance.

Histamine intolerance is similar to typical allergies. It causes rashes, itching or flushed skin, red eyes, facial puffiness, runny nose and constipation, dizziness, even asthma attacks if individuals consume histamine-rich foods or drinks. Some symptoms, such as a decrease in blood pressure, irregular heartbeat, and anxiety or stress seizures, might be very serious.

Histamine intolerance is uncommon, affecting only around 1–3 percent of the population. Females are more prone to histamine intolerance than males, which may be due to a hormonal imbalance in the female sex.

[Learn more](#)


Hunger Response Control

This result is based on **3 genetic variants** associated with "Hunger response control" analyzed in the scientific paper [\(2008 - Spálová J\)](#)



Diet

Your results

More likely to be able to control hunger



Description

Hunger is partly influenced by the hypothalamus, blood sugar (glucose) levels, the state of your stomach and intestines, and hormone levels. The hypothalamus, your blood sugar, and the presence of food in your stomach and intestines all play a role in determining fullness. Whether you're attempting to lose weight, maintain weight loss, or just remain healthy, you're going to become hungry at some time. However, merely eating whenever the need comes isn't necessarily the best solution — and this is why hunger isn't as simple as you would believe. The "want" to eat may seem similar to cravings, and there is undoubtedly overlap between the two. On the other hand, a craving is a want for a particular item, while hedonic hunger is a desire for pleasant foods in general.

[Learn more](#)



Lactose Intolerance

This result is based on **6 genetic variants** associated with "Lactose intolerance" analyzed in the scientific paper [\(06/15/2010 - Suchy FJ\)](#)



Diet

Your results

Increased likelihood of lactose intolerant in adults



Description

Lactose intolerance is the inability of a person to metabolize the sugar (lactose) in milk adequately. Consequently, individuals have diarrhoea, gas, and bloating after consuming dairy products. The illness, also known as lactose malabsorption, usually is innocuous, although its symptoms may be unpleasant. Lactose intolerance is mainly caused by a lack of an enzyme generated in your small intestine (lactase). Lactase levels may be low while still digesting milk products. However, if your levels are too low, individuals develop lactose intolerant, resulting in discomfort after eating or drinking dairy. Lactose intolerance symptoms commonly appear 30 minutes - 2 hours after consuming lactose-containing foods.

[Learn more](#)



Obesity Tendency

This result is based on **9 genetic variants** associated with "Obesity tendency" analyzed in the scientific paper [\(2011 Jan - Ruiz JR\)](#)



Diet

Your results

Increased likelihood of obesity susceptibility



Description

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health.

[Learn more](#)



Peanut Allergy

This result is based on **6 genetic variants** associated with "Peanut allergy" analyzed in the scientific paper [\(2018 Mar - Asai Y\)](#)



Diet

Your results

Average risk for developing a peanut allergy



Description

Among the most prevalent cause of acute allergy episodes are peanut allergy. For some individuals with peanut allergies, even small quantities of peanuts may induce a severe response fatal (anaphylaxis). Peanut allergy is becoming more common among youngsters. Although if you or your kid has only experienced a moderate allergic response to peanuts, you should see your doctor. There is still the possibility of a more severe response in the future. A peanut allergy generally manifests itself within minutes of exposure. Among the indications and signs of a peanut allergy are:

- Hives, redness, or skin swelling are examples of skin responses.
- Itching or tingling in the mouth and throat
- Diarrhoea, stomach pains, nausea, or vomiting are digestive issues.

[Learn more](#)



Response To Diet

This result is based on **15 genetic variants** associated with "Response to diet" analyzed in the scientific paper [\(2007 Jun - Corella D\)](#)



Your results

Higher risk of weight gain on high monounsaturated fatty acids intake



Description

Most fat or overweight people try to shed pounds by cutting calories from their diet. Dieting may contribute to weight loss in the short term, but it has a low success rate for long-term weight loss. The majority of those who have attempted to reduce weight do so in vain. As one of the most significant challenges to obesity treatment, weight growth is unquestionably continuing the pandemic of obesity, affecting more than a 60percent of people in the United States. Still, We discuss the evidence that biology plays a part in the issue of weight regain in this review. The influence of biology on body weight is first considered to other known influences on body weight. Finally, a comprehensive picture of energy homeostasis following long-term weight loss and weight recovery is provided, which considers the physiologic adaptations to a low-fat, energy-restricted diet that are already known to occur in the obese and overweight.

Humans possess varying nutritional needs and digest food components in various ways. As a result, people react differently towards different meals. A large portion of this varied reaction is genetically controlled.

Recent research has revealed inter-individual variances in the metabolic consequences of food, and at least part of such variations may be due to the bacteria in the intestines. This implies that the impact of one meal on one human's metabolism could be radically opposite for the other, depending on how well the bacterial biomes inside the intestines react with an alike good and bad diet. Dieting can be stressful because it raises stress hormones that are connected to weight retention. It also causes you to repress and disregard the hunger.

[Learn more](#)



Response To Exercise

This result is based on **3 genetic variants** associated with "Response to exercise" analyzed in the scientific paper [\(12/26/2007 - Hinney A\)](#)



Your results

Increased weight loss as response to exercise and reduced calories intake



Description

Whenever you exercise or participate in sports, you become aware of various aspects of the body. Your breathing becomes deeper and quicker, your heart rate increases, your muscles ache, and your body sweat. These are all typical reactions to exercise. Either you frequently exercise or only sometimes, or maybe you're a "weekend warrior" or even a skilled athlete. Whenever you see world athletes perform, you will recognize the same reactions, only exaggerated.

Exercise physiology is the body's reaction in muscular exercise to deliver energy towards the muscles that engage and keep the balance inside the non-essential muscles that don't.

[Learn more](#)



Salt Sensitivity

This result is based on **3 genetic variants** associated with "Salt sensitivity" analyzed in the scientific paper
(06/01/2019 - Coltell O)



Diet

Your results

Average genetic predisposition



Description

Salt sensitivity refers to the physiological trait present in mammals, including humans, by which the blood pressure (BP) of some members of the population exhibits changes parallel to changes in salt intake. It is commoner in elderly, females, Afro-Americans, patients with chronic kidney disease (CKD) and insulin resistance. Increased salt intake promotes an expansion of extracellular fluid volume and increases cardiac output. Salt-sensitive individuals present an abnormal kidney reaction to salt intake; the kidneys retain most of the salt due to an abnormal over-reactivity of sympathetic nervous system and a blunted suppression of renin-angiotensin axis.

[Learn more](#)



Sugar Intake

This result is based on **3 genetic variants** associated with "Sugar intake" analyzed in the scientific paper
(05/13/2008 - Eny KM)



Diet

Your results

Slightly increased sugar intake



Description

Many avoidable illnesses may be linked to excessive intake of added sugar. It gives you calories, but you don't get any additional nutrients, which might harm your metabolism over time. Sugar added to processed meals is considerably more damaging to your health than natural sugar found in complete foods like fruits and vegetables. Americans consumed over 60 pounds (28 kg) of added sugar in 2008, which does not count as fruit juices. This equates to 19 teaspoons of sugar or 306 calories per day. It is not uncommon for people to consume an excessive amount of sugar. Obesity, type 2 diabetes, and cardiovascular disease have all been related.

[Learn more](#)



Sweet Tooth

This result is based on **3 genetic variants** associated with "Sweet tooth" analyzed in the scientific paper
(05/01/2013 - Chu AY)



Diet

Your results

Slightly increased odds of preferring sweets over salty food



Description

The term "sweet tooth" refers to a person's desire or liking for sweets. In the 1300s, the phrase "sweet tooth" was invented to describe one's love of sweets. The term "toothsome" is now often used to describe pleasant or delectable food. According to the researchers, the liver creates a hormone that controls sugar cravings, so if you have a specific variation of the gene that manufactures this hormone, you're more likely to have a sweet tooth. In addition to referring to the fundamental property of taste, the term "sweet" is used to denote anything attractive or delightful.

[Learn more](#)



Taste Sensitivity



This result is based on **8 genetic variants** associated with "Taste Sensitivity" analyzed in the scientific paper
(06/01/2019 - Coltell O)



Diet

Your results

Average genetic predisposition



Description

Taste sensitivity can be defined as the minimum concentration at which the subject is able to perceive a specific taste quality, such as sweet, sour, salty and bitter.

[Learn more](#)



Weight Gain

This result is based on **3 genetic variants** associated with "Weight gain" analyzed in the scientific paper
(1998 Nov - Deeb SS)



Diet

Your results

Slightly increased risk of weight gain



Description

Weight gain is an increase in body weight. This can involve an increase in muscle mass, fat deposits, excess fluids such as water or other factors. Weight gain can be a symptom of a serious medical condition.

Weight gain is more aggravating when you don't know what's causing it. While eating is often the essential element in weight gain, other variables such as anxiety and sleep deprivation may also. A person's physical appearance is determined mainly by hereditary characteristics, so it is hard for a naturally slender person to gain weight. Weight training and increased calorie consumption may modify the human body to a limited degree. Gaining or regaining weight may be as challenging as losing weight. Many of the same fundamental concepts apply to both gaining and reducing weight when done in a sensible, healthy manner.

[Learn more](#)

