NuGO Short Course in Personalised Nutrition – 5-6 July 2016 in Newcastle

Abstract: Tuesday 5th July 14:20 – 15:00

Using "metabotypes" in Personalised Nutrition

Professor Lorraine Brennan (University College Dublin)

This talk will explore the evidence for the different levels of Personalised Nutrition with a specific focus on phenotypes or subgroups. There is a growing evidence base that groups of individuals respond to dietary interventions in a similar fashion. These so called groups or metabotypes can be identified by grouping similar individuals based on their metabolic or phenotypic profiles. Emerging from the idea of personalised nutrition, the concept of targeted nutrition has evolved which involves delivering tailored dietary advice at a group level rather than at an individual level. This talk will explore this concept and give an overview of work in this field.