

The concept of personalised nutrition has been stated in the condition of the recommendation for specific sub-population. To date, “one size fit all” cannot be used effectively because people respond in different ways to specific food based on their genetics, epigenetics, past health or other factors. Therefore, integrating information amongst the studies of epigenetics, metabolomics, and gene/protein expression will provide a new insight into the gene-environment interaction in obesity and contribute to a precision prevention of comorbidity in obese patients.