

**Panel: Precision Nutrition: Cutting Through the Hype**  
**Consumer Federation of America - National Food Policy Conference**  
**April 2, 2024**

**Definitions**

**Precision nutrition** is an approach that uses individual data to predict how a person will respond to specific foods or dietary patterns and tailors dietary recommendations to their individual needs. These personalized recommendations are expected to elicit behavioral changes that would lead to improvements in health....(Berciano et al. in *Frontiers in Nutrition*)

**Personalized nutrition** uses individual-specific information, founded in evidence-based science, to promote dietary behavior change that may result in measurable health benefits. (Adams et al. in *Advances in Nutrition*)

**Suggested Reading**

**Academy of Nutrition and Dietetics**

Robinson et al. Effect of incorporating genetic testing results into nutrition counseling and care on dietary intake: An Evidence Analysis Center systematic review—Part I. *Journal of the Academy of Nutrition and Dietetics*. 2021;121(3):553-581.

**American Nutrition Association**

Bush, et al. Toward the definition of personalized nutrition: A proposal by the American Nutrition Association. *Journal of the American College of Nutrition*. 2020;39(1):5-15.

**Consumer Research**

International Food Information Council. 2023 Food & Health Survey. 23 May 2023.  
<https://foodinsight.org/2023-foodhealth-survey/>.

**Institute for the Advancement of Food and Nutrition Science**

Adams et al. Perspective: Guiding principles for the implementation of personalized nutrition approaches that benefit health and function. *Advances in Nutrition*. 2020;11:25-34.

**NIH Workshop**

Yee et al. Research gaps and opportunities in precision nutrition: An NIH workshop report. *American Journal of Clinical Nutrition*. 2022;116(6):1877-1900.

**Other**

Garcia-Bailo, El-Sohemy. Recent advances and current controversies in genetic testing for personalized nutrition. *Current Opinion in Clinical Nutrition & Metabolic Care*. 2021;24(4):289-295.

**Science Communication**

International Food Information Council. Understanding & interpreting food & health scientific studies: Guidance for food & nutrition communicators. 2024. <https://foodinsight.org/guidance-for-food-nutrition-communicators/>.