SOM Office of Research
Team Science Townhall

Precision Nutrition:
The Potential Beyond One-Size-Fits-All Diets and Nutrition Plans

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Precision nutrition is a new branch of precision medicine that could improve public health and health care by preventing and treating, for example, obesity, heart disease and cancer more effectively. The National Institutes of Health (NIH) recently highlighted the importance for nutrition science and related fields to develop clinically relevant dietary solutions for individuals and populations with shared characteristics such as physiology or behavior. Come learn about how our health and quality of life could be improved with diverse teams that include community-engaged leadership to develop individualized diet plans. Rather than a one-size-fits-all approach, precision nutrition promises to guide health care providers, persons and patients, and dietitians to effectively customize patients’ diets based on their cultures and factors such as their genes, metabolic phenotype or gut microbiota.

July 23rd
10:30 - 11:30am

Agenda
Introduction: 10:30am
Session 1: 10:35am
Session 2: 10:55am
Discussion: 11:15am

Sessions will be held through Zoom
Meeting ID: 805 959 373
Passcode: 901020
Zoom meeting link: https://zoom.us/j/805959373

Co-hosted by: