

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>

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