






Adnà

Olivia, here is your
Nutrition Report



Your DNA
has answers

Caption:

-  Your analyzed genotype is favorable.
-  Your analyzed genotype is a little favorable.
-  Your analyzed genotype doesn't particularly affect you.
-  Your analyzed genotype is a little unfavorable.
-  Your analyzed genotype is unfavorable.

Diet and weight

Effectiveness of the Mediterranean diet

The Mediterranean diet is rich in vegetables, fruit, fish, legumes, nuts, dairy products and olive oil, with smaller amounts of meat and eggs. This diet is easy to follow and maintain in the long term, since it does not eliminate any foods or restrict calories or quantities. It is also flexible and can be tailored based on preferences and lifestyles. Numerous studies have associated this type of diet with a low risk of obesity, and its health benefits are also well known. A general study conducted with over 11,000 participants determined that the people who followed this diet lost more weight than the rest.

Numerous studies have linked variations in the FTO and TCF7L2 genes with a positive effect on the control of weight gain associated with the Mediterranean diet.

Your genetic map

Gene	Genotype
GCKR	TC
FTO	AT
LPL	TC
TCF7L2	TT

What do your genetics say?



Based on your genotype, your predisposition to maintain your weight with the Mediterranean diet is average. Other genetic and clinical factors may be relevant. Regardless of an individual's genetic predisposition to one particular type of diet being more effective than another, it is important to check with a health care professional before starting any nutritional regimen so that it can be tailored to each person's habits and lifestyle.

More information:

<https://www.ncbi.nlm.nih.gov/pubmed/22716779?dopt=Abstract>

Diet and weight

Ease of weight loss

Weight loss is a goal for an ever-growing part of the population. Diet and physical activity obviously play a key role in achieving the goal of losing weight, but we often notice that other people achieve better results than us when following the same diet and exercise routine. Genetics has a lot to say about that. We know that between 40 and 70% of the tendency to obesity can be inherited, but genetics also influence how easy or hard it is to lose weight.

Several studies have shown that the CLOCK and PPM1K-DT genes influence how easy or hard it is for someone to lose weight.

Your genetic map

Gene	Genotype
TCF7L2	TT
PPARG	CC
CLOCK	AG
PPM1K DT	TC

What do your genetics say?



Based on your genotype, your predisposition to weight loss is average. Other genetic and clinical factors may be relevant. Some diseases can make it harder to lose weight. Always consult with a health care professional before starting a diet. And remember that you can also see your predisposition to the effectiveness of different types of diets in other parts of this report.

More information:

<http://ajcn.nutrition.org/content/100/4/1188.long#F2>
<https://www.ncbi.nlm.nih.gov/pubmed/23942586?dopt=Abstract>

Pathologies and intolerances

Coeliac disease

Coeliac disease is a systemic autoimmune disorder in which the body reacts to the presence of gluten, which is a protein found in wheat, rye, and barley, and, to a lesser extent, in other cereals. Over time, this reaction can damage the lining of the small intestine, preventing it from absorbing some nutrients and causing diarrhoea, fatigue, weight loss, swelling and anaemia.

Genetics influence this disease, as shown by the IL12A gene.

Your genetic map

Gene	Genotype
LOC105371664	AA
PUS10	AG
IL18R1 IL1RL1 _	CC
LINC01934	GG
ICOS	TC
CCRL2_CCR5	CC
IL12A AS1	AA
LPP	AC
BLTP1	AA
HLA DQA1	TT
TNFAIP3	AG
ATXN2	CC
PTPN2	AA
MMEL1	AG
RUNX3	AG
MROH3P	TC
PLEK	TC
ARHGAP31	TG
BACH2	AC
THEMIS PTPRK	AA
Intergenic	AA
ZMIZ1	AG
ETS1	TC
LOC105371082	CC
ICOSLG	TT
CD247	AA
TNFSF18	CC
FRMD4B	CC
MYNN	CC
ELMO1	GG
DLEU1	CC

What do your genetics say?



Based on this study, your predisposition to have this disease is average. Other genetic and clinical factors may be relevant.

More information:

www.ncbi.nlm.nih.gov/pubmed/20190752

Other

Caffeine and addiction

Coffee is one of the most consumed beverages in the world. Due to the large number of people who drink it, there is a great interest in analysing its effects. As a result, the biochemistry of coffee has been extensively documented and we know that as the unroasted green bean is processed, it undergoes chemical changes en route to becoming the coffee we drink. The type of bean, the degree of roasting and the preparation method all influence its biochemical make-up. Roasted coffee has potentially therapeutic, antioxidant, anti-inflammatory, antifibrotic and anticancer effects, although it can also lead to addiction and/or be associated with a greater predisposition to start smoking, increased adiposity or higher fasting insulin and glucose levels, along with other effects.

The GCKR and LOC101927609 genes, among others, have been associated with a greater tendency, and possible addiction, to caffeine consumption.

Your genetic map

Gene	Genotype
GCKR	TC
ABCG2	AA
LOC101927609	CC
POR	AG
ND	AG
CYP1A2	CC
EFCAB5	GG
MLXIPL	TT

What do your genetics say?



Based on this study, your predisposition is average. Other genetic and clinical factors may be relevant. For healthy adults, the U.S. Food and Drug Administration (FDA) has indicated that 400 milligrams a day of coffee (4 to 5 cups) is not generally related to adverse or dangerous effects.

More information:

<http://www.ncbi.nlm.nih.gov/pubmed/25288136>

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