



Nutritional Genomics: Discovering the Path to Personalized Nutrition

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The definitive guide to the basic principles and latest advances in Nutritional Genomics

Though still in its infancy, nutritional genomics, or "nutrigenomics," has revealed much about the complex interactions between diet and genes. But it is in its potential applications that nutrigenomics promises to revolutionize the ways we manage human health and combat disease in the years ahead. Great progress already has been made in modeling "personalized" nutrition for optimal health and longevity as well as in genotype-based dietary interventions for the prevention, mitigation, or possible cure of a variety of chronic diseases and some types of cancer.

Topics covered include:

- * Nutrients and gene expression
- * The role of metabolomics in individualized health
- * Molecular mechanisms of longevity regulation and calorie restriction
- * Green tea polyphenols and soy peptides in cancer prevention
- * Maternal nutrition and fetal gene expression
- * Genetic susceptibility to heterocyclic amines from cooked foods
- * Bioinformatics and biocomputation in nutrigenomics
- * The pursuit of optimal diets

Written by an all-star team of experts from around the globe, this volume provides an integrated overview of the cutting-edge field of nutritional genomics. The authors and editors lead an in-depth discussion of the fundamental principles and scientific methodologies that serve as the foundation for nutritional genomics and explore important recent advances in an array of related disciplines. Each self-contained chapter builds upon its predecessor, leading the reader seamlessly from basic principles to more complex scientific findings and experimental designs. Scientific chapters are carefully balanced with those addressing the social, ethical, regulatory, and commercial implications of nutrigenomics.

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