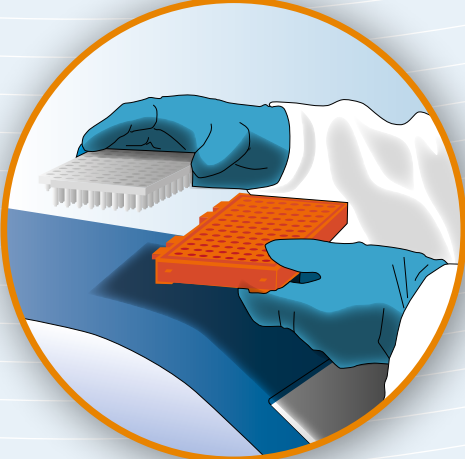# Precision Nutrition Approaches

SPECIFIC TOOLS AND METHODS

GENETIC AND OMICS METHODS
(e.g., genetic and microbiota testing and counseling)

METABOLIC INDICATORS
(e.g., energy intake sensors, challenge testing such as oral glucose tolerance tests, gut microbiota and immune system)

LIFESTYLE DATA COLLECTION
(e.g., diet and physical activity tracking, dietary intake and planning, cultural preferences and behavior change)

PHENOTYPE MEASUREMENTS
(e.g., anthropometrics, clinical and nutritional biomarkers)

DEMOGRAPHIC SURVEY
(e.g., age, sex, ethnicity, socioeconomic status, location, education)

WIDER TOOLS AND METHODS

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