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Nutritional intervention through nutrigenetics and nutrigenomics for better nutrition, disease prevention and global health

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Modern nutritional sciences are following new trends in analyzing the needs of human being based on their genetic backgrounds leading to new areas of nutrigenetics and nutrigenomics. The information gathered for the nutrients especially after the genomic studies is widely used for catering the nutritional needs of a particular group, providing measures for prevention of the diseases as well as better health to the end users. Nutrigenetics provides the individual genetic disposition, manifesting as single nucleotide polymorphism, and epigenetic phenomena. While Nutrigenomics provides information on diet which influences the gene transcription, protein expression and metabolism. Life style changes can be leading to better nutrition training can be utilized for disease prevention and also helpful in providing global health to the masses. Knowledge which has been acquired during last decades in the area of nutrigenetics and nutrigenomics can really be used to provide a healthy lifestyle modification. Some of the information available provides lot of insight into application of nutritional principles in disease manipulation especially in the areas of digestive system, allergy, diabetes, obesity and other disease conditions. Nutritional intervention for better health is a new trend gaining momentum in western world. The presentation will discuss various aspects of Omics driven trends in nutrition, disease prevention and better health.

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