



# The impact of personalized nutrition on health outcomes



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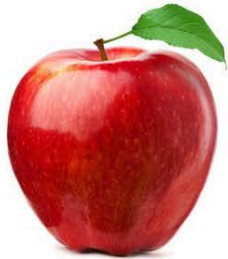


- Swiss society for nutrition (SGE) promotes general nutrition guidelines via “food pyramid”
- Additional health promotion campaign “5 a Day”

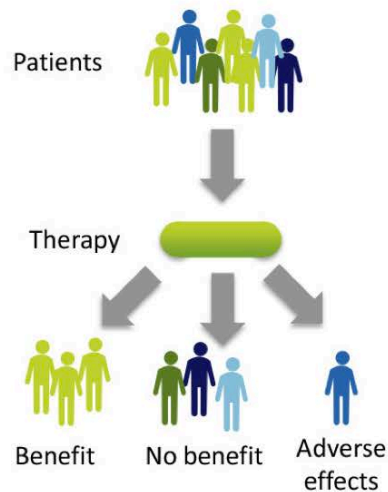




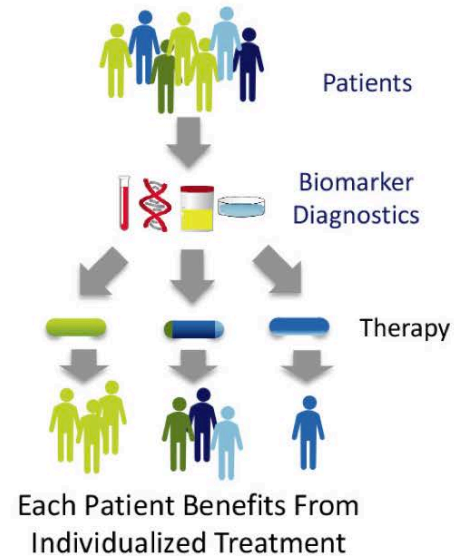
# Key concept



**Without Personalized Medicine:**  
Some Benefit, Some Do Not



**With Personalized Medicine:**  
Each Patient Receives the Right Medicine For Them





Do the general nutrition guidelines consider inter- and intraindividual variation?



Will an apple a day really keep the doctor away?



How could personalized nutrition be promoted and applied to everyday life?





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## Review Article

# Relationships between intuitive eating and health indicators: literature review

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### **Abstract**

*Objective:* To review the peer-reviewed literature on relationships between intuitive eating and health indicators and suggest areas of inquiry for future research. We define the fundamental principles of intuitive eating as: (i) eating when hungry; (ii) stopping eating when no longer hungry/full; and (iii) no restrictions on types of food eaten unless for medical reasons.



Addition to this definition:

**Individuals should carefully observe how they feel before, during and after the eating process. Also, they should pay attention to reactions\* of their bodies to different kinds of food.**

\* => Bloating? Acid reflux? Digestibility?



- „It is unclear whether intuitive eating results in improved physical health (...).“  
(Dyke, Drinkwater 2013)
- Our aim: Conduct a systematic review and perform a meta-analysis, investigating **the impact of personalized nutrition through intuitive eating especially on physical health.**
- Essential parameters: Body weight, BMI, blood pressure, blood fats, etc.





# Limitations

- Realization in everyday life may be complicated





- Personalized nutrition should **supplement** but not substitute general nutrition guidelines.
- People should not rethink guidelines fundamentally, but rather rely on their own **“gut feeling”** as well.
- **Intuitive eating** is a subjective approach to incorporate personalized nutrition into everyday life.
- Objective methods (e.g. “Nutrigenetics”) may become increasingly important in the near future.

