

# Zukunftsszenario – personalisierte Ernährung

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**A personalized diet may someday be developed based on an individual's genetic code. This diet can then lessen the risk of certain diseases which that individual may be susceptible to. Studies focusing on the health benefits of ingredients may help pave the way for this new approach called Nutrigenomics.**

Allergies may be treated by extracts such as perilla seed.

Risk of heart disease may be lessened by ingredients such as soy protein, omega-3 fatty acids, and vitamin E.

Gall bladder disease may be inhibited by vitamin C.

Bone health may be helped by calcium and vitamin K.



Brain performance may be improved by omega-3s.

Eye health can be maintained by such carotenoids as lutein and zeaxanthin.

Breast cancer may be inhibited by cranberry products. Other ingredients such as soy, grape seed extract, and green tea may have cancer-fighting properties.

Gut health may be improved by ingredients that function as probiotics.

Joint relief from arthritis and inflammation may be provided by botanicals, milk protein concentrates, spices, and anthocyanins.