

Personalised nutrition what we can do responsibly today

Personalised nutrition has potential, but it is not a universal solution.
We can use the available evidence responsibly by combining scientific data,
individual context and common sense.

*More
questions.
Healthier
choices.
Tomorrow.*



Personalised nutrition integrates different types of information — genetic, metabolic, physiological, lifestyle and personal preferences — to support more informed and realistic recommendations. The goal is not a perfect diet, but better, more sustainable choices for each individual.

1

What it can help us do



- Information on selected variants near LCT/MCM6 associated with lactase persistence and adult lactose digestion.
- Helps identify potential metabolic risk markers (e.g. blood lipids, glucose).
- Takes lifestyle, culture and food preferences into account.
- Can increase motivation and support long-term adherence.

Example

Lactase-non-persistence variants near LCT can reduce adult lactose digestion. Lower-lactose fermented dairy may be better tolerated than fresh milk; tolerance varies by dose and person.

2

What it cannot do



- Is not a universal “ideal” diet for everyone.
- Does not guarantee a specific health outcome.
- Does not replace a medical diagnosis or treatment.
- Does not provide exact quantitative recommendations without context.
- Cannot account for all individual differences or predict the future with certainty.

Example:

A genetic variant associated with higher disease risk does not mean you will definitely develop the disease.

3

What is important to consider



- The effect of genetic variants depends on lifestyle, diet, environment and other genes.
- The same variant can have different effects in different people.
- Nutrition is only one part of a healthy lifestyle (sleep, physical activity, stress management, etc.).

The evidence varies—stronger in some areas and still limited in others.

Example

A slower-caffeine-metabolism variant may matter more with regular caffeine intake than with no caffeine intake.

4

How to use it responsibly



- Work with a qualified professional who can interpret the results in context.
- Combine genetic information with data on lifestyle, health status and personal goals.
- Set realistic and achievable goals.
- Focus on sustainable changes, not quick fixes.
- Be cautious of marketing claims and promises of “perfect diets”.
- Reassess and adapt your approach over time as new evidence becomes available.

Example:

Instead of following a trendy diet, use your results as one source of information to choose a dietary pattern that fits your needs, lifestyle and values.

Key takeaways



Personalised nutrition can be helpful, but it has clear limitations.



The best results come when we use the evidence in context and with critical thinking.



Individual response is influenced by multiple interacting factors.



The goal is better, more sustainable choices — not a perfect diet.

Why this matters



Using personalised nutrition responsibly helps us:

- make more informed and realistic choices;
- avoid unnecessary restrictions;
- support long-term health and well-being;
- use science as a tool, not a source of anxiety;
- empower ourselves to take an active role in our health.

When considering a personalised nutrition approach, ask:

- ☐ What are my goals and what information do I need?
- ☐ How reliable is the evidence in this area?
- ☐ How does this fit with my lifestyle, values and preferences?
- ☐ Am I working with a qualified professional?
- ☐ How will I track my progress and adapt over time?



Key message:

“Personalised nutrition is not a perfect diet, but a better, more informed way to make choices for real life.”

Science, critical thinking and individual context help us use personalised nutrition responsibly and with realistic expectations.

*Science today.
A healthier tomorrow.*

