

Gene-Nutrition Conversation Guide

Clarify the question, expectations and practical value - before collecting data.



WHAT ARE WE TRYING TO LEARN, AND WOULD IT CHANGE A DECISION?

Before testing, clarify the question and whether the result would change a safe, practical decision.

1. THE QUESTION

- What exactly do you want to understand?
- food, response or health risk
- which answer would be useful

2. WHAT IT CAN DO

- report a specific variant/model
- identify an association in a particular context
- leave substantial uncertainty

3. WHAT IT CANNOT DO

- determine destiny or an “ideal diet”
- replace symptoms, context and assessment
- prove benefit from a recommendation

4. WOULD IT CHANGE ANYTHING?

- is there a different practical action
- does the same reasonable decision remain
- if not, the test may be unnecessary



GENE ≠ DESTINY • ASSOCIATION ≠ CAUSATION

Most nutrition-related phenotypes arise from many genes plus environment, behaviour and development. The result is an input, not a verdict.

BEFORE YOU CONTINUE

- who is behind the test and what it demonstrates
- how the data will be used, stored and deleted
- inherited risk/clinical result → doctor or genetic counsellor