

Wellness

WORKSHOP

APPETITEFORLIFE

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What is Precision Nutrition?

Precision nutrition is a personalized approach to diet and health that considers your unique genetics, metabolism, and lifestyle to determine what works best for you. Unlike general dietary guidelines, precision nutrition helps tailor recommendations to meet individual needs, recognizing that the same diet affects people differently.

Why Does It Matter?

- **One size does not fit all.** Some people thrive on low-carb diets, while others do better with more carbohydrates. Precision nutrition helps explain these differences.
- **Your body's response to food is unique.** Factors like gut microbiome composition, metabolism, and genetics influence how your body processes different nutrients.
- **More effective, sustainable health changes.** By understanding your body's specific needs, you can make smarter dietary choices that support long-term wellness.

How Can You Apply Precision Nutrition Today?

Eat the Rainbow - Incorporate a variety of colorful fruits and vegetables to maximize nutrient diversity and support gut health.

Hydration is Personal - Everyone's hydration needs differ. While general guidelines suggest 11-15 cups of fluids per day, this includes water from food and beverages. Pay attention to your body's signals and adjust accordingly.

Balance Your Plate - Aim for a mix of protein, healthy fats, and complex carbohydrates in each meal to keep energy levels steady and support metabolic health.

Listen to Your Body - Pay attention to how different foods affect your energy, digestion, and mood. Keeping a simple food journal for a couple of weeks can help identify patterns.

Consider Professional Guidance - A registered dietitian or nutritionist can help you develop a plan that aligns with your unique nutritional needs and health goals.



The UNC Nutrition Research Institute is an internationally recognized center that conducts innovative basic and translational science studying how individual differences in requirements and responses to diet affect our individual nutritional needs.

We believe that our advances in nutrition science are leading to successes in preventing or mitigating the negative effects of chronic diseases and aging and in improving human development, even prior to conception.

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