

Diet & Nutrition

Summary Report

REPORT CATEGORY —



NUTRITION

Report date: 04 February 2025

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME
[Redacted]

SEX AT BIRTH
Female

HEIGHT
5ft 11" 180cm

WEIGHT
137lb 62kg

REPORT PROVIDED BY
EliteVita

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This summary report contains:

125 Genetic Results

This report shows you how you process each macronutrient, helping you choose a diet that makes sense for you and your genes!

- Choosing the right types of dietary fat
- Getting enough vitamins and minerals
- Addressing food sensitivities
- Improving your eating habits



If you're struggling to reach your macros, just make sure you prioritize your **protein intake** and consume your minimum amount per day.

Your Optimal Diet

The following is your optimal diet based on your genetic results



MEDITERRANEAN

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions such as Greece, Spain, southern Italy, and southern France. It gained popularity when researchers noticed significantly **lower heart disease rates** and higher life expectancy among Mediterranean folks [\[R\]](#), [\[R\]](#).

This diet doesn't actually represent the way people eat in the Mediterranean regions today, given the growing influence of Western dietary habits. A proper Mediterranean diet abounds in [\[R\]](#), [\[R\]](#):

- Vegetables
- Fruits
- Whole grains
- [Olive oil](#)

The following foods are eaten in moderation [\[R\]](#), [\[R\]](#):

- Fish and seafood
- Eggs and poultry
- Dairy

Red meat and sweets are eaten sparingly [\[R\]](#), [\[R\]](#).

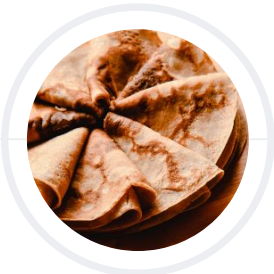
The Mediterranean diet provides a balanced ratio of carbs, fat, and protein. It's one of the healthiest diets due to a diversity of **whole foods** that deliver essential nutrients such as [\[R\]](#):

- Vitamins and minerals
- Polyphenols and other antioxidants
- Healthy unsaturated fats
- Dietary fiber

Your Mediterranean Diet Meal Plan

The following meals are suggested taking into consideration your goals, genetic results and self-reported conditions.

Breakfast



Buckwheat crepes

CALORIES	~ 490 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Muesli with nuts and dried fruit

CALORIES	~ 483 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Soft-boiled eggs with avocado toast

CALORIES	~ 440 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Scrambled eggs with spinach and mushrooms

CALORIES	~ 300 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Grilled chicken and mango salad

CALORIES	~ 400 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Sweet potato and black bean hash

CALORIES	~ 590 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Tofu scramble

CALORIES	~ 374 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Fruit bowl with chia seeds

CALORIES	~ 400 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Oatmeal with coconut milk and berries

CALORIES	~ 510 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Blueberry banana smoothie

CALORIES	~ 350 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Granola with dried fruits and nuts

CALORIES	~ 580 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Vegan banana pancakes

CALORIES	~ 540 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Banana bread

CALORIES	~ 500 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Date and chia pudding

CALORIES	~ 440 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Pumpkin coconut smoothie

CALORIES	~ 235 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Blueberry muffins

CALORIES	~ 625 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Butternut squash breakfast hash

CALORIES	~ 520 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Acai bowl

CALORIES	~ 345 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Avocado toast with veggies

CALORIES	~ 489 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Greek yogurt with honey and nuts

CALORIES	~ 350 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Zucchini and tomato frittata

CALORIES	~ 360 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Quinoa breakfast bowl

CALORIES	~ 350 KCAL
CARBS	
FAT	
PROTEIN	

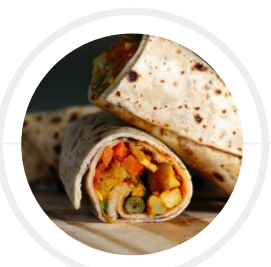
* per serving



Smoothie bowl with hemp seeds

CALORIES	~ 450 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Veggie breakfast burrito

CALORIES	~ 290 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Buckwheat pancakes with strawberry jam

CALORIES	~ 500 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Chickpea and vegetable bowl

CALORIES	~ 330 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Polenta with sautéed mushrooms and spinach

CALORIES	~ 450 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Veggie breakfast bowl

CALORIES	~ 500 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Almond-honey breakfast bar

CALORIES	~ 450 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Shakshuka

CALORIES	~ 600 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Zucchini tortilla with vegetables

CALORIES	~ 440 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Fig and ricotta toast

CALORIES	~ 475 KCAL
CARBS	
FAT	
PROTEIN	

* per serving

Lunch



Hummus veggie wrap

CALORIES	~ 390 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Vegetable and bean soup with quinoa

CALORIES	~ 390 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Spaghetti squash with tomato-basil sauce

CALORIES	~ 330 KCAL
CARBS	
FAT	
PROTEIN	

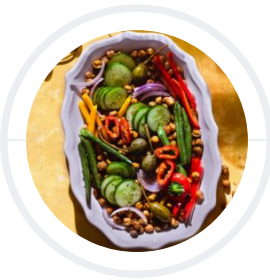
* per serving



Black bean and corn salad

CALORIES	~ 357 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Roasted vegetables with quinoa and hummus

CALORIES	~ 600 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Spicy shrimp and avocado salad

CALORIES	~ 350 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Tuna poke bowl

CALORIES	~ 620 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Ceviche

CALORIES	~ 432 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Calçots with romesco sauce

CALORIES	~ 545 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Tacos with tofu

CALORIES	~ 400 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Curry lentil soup

CALORIES	~ 455 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Greek salad

CALORIES	~ 349 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Andalusian-style spinach and chickpeas

CALORIES	~ 519 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Falafel

CALORIES	~ 480 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Zucchini noodles with grilled turkey

CALORIES	~ 424 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Eggplant lasagna

CALORIES	~ 574 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Fried cauliflower with mushrooms

CALORIES	~ 325 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Sweet potato and kale salad

CALORIES	~ 540 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Creamy broccoli soup

CALORIES	~ 253 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Shrimp and beet winter salad

CALORIES	~ 380 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Harissa baby potato salad

CALORIES	~ 410 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Beef and broccoli stir-fry

CALORIES	~ 620 KCAL
CARBS	
FAT	
PROTEIN	

* per serving

Dinner



Lentil and vegetable curry with brown rice

CALORIES	~ 579 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Chickpea and vegetable tagine

CALORIES	~ 600 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Grilled salmon with sweet potatoes

CALORIES	~ 600 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Barley risotto with mushrooms

CALORIES	~ 570 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Black bean and quinoa salad

CALORIES	~ 640 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Chicken tagine

CALORIES	~ 484 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Grilled portobello mushrooms with vegetables

CALORIES	~ 384 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Vegetable and brown rice stir-fry

CALORIES	~ 348 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Pizza all'ortolana

CALORIES	~ 675 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Chicken and vegetable couscous

CALORIES	~ 544 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Zucca ripiena

CALORIES	~ 584 KCAL
CARBS	
FAT	
PROTEIN	

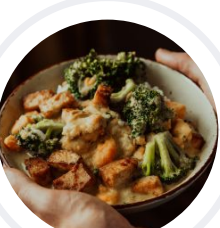
* per serving



Chili sin carne

CALORIES	~ 500 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Tofu and vegetable stir-fry

CALORIES	~ 432 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Roasted vegetable lasagna

CALORIES	~ 559 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Veggie burger

CALORIES	~ 407 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Tuna salad

CALORIES ~ 413 KCAL
CARBS
FAT
PROTEIN

* per serving



Eggplant rollatini

CALORIES ~ 650 KCAL
CARBS
FAT
PROTEIN

* per serving



Roasted chicken with vegetables

CALORIES ~ 420 KCAL
CARBS
FAT
PROTEIN

* per serving



Ratatouille with goat cheese

CALORIES ~ 370 KCAL
CARBS
FAT
PROTEIN

* per serving



Soybean noodles with walnut pesto

CALORIES ~ 500 KCAL
CARBS
FAT
PROTEIN

* per serving



Quiche with a sweet potato crust

CALORIES ~ 580 KCAL
CARBS
FAT
PROTEIN

* per serving



Mushroom Stroganoff

CALORIES ~ 390 KCAL
CARBS
FAT
PROTEIN

* per serving



Grilled sea bass with olive tomato salsa

CALORIES ~ 350 KCAL
CARBS
FAT
PROTEIN

* per serving

Snacks & Appetizers



Oat and raisin cookies

CALORIES ~ 420 KCAL
CARBS
FAT
PROTEIN

* per serving



Baked vegetable chips

CALORIES ~ 310 KCAL
CARBS
FAT
PROTEIN

* per serving



Grilled turkey roll-ups

CALORIES ~ 220 KCAL
CARBS
FAT
PROTEIN

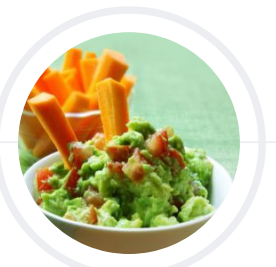
* per serving



Fresh fruit salad with honey and mint

CALORIES ~ 157 KCAL
CARBS
FAT
PROTEIN

* per serving



Carrot sticks with guacamole

CALORIES ~ 252 KCAL
CARBS
FAT
PROTEIN

* per serving



Roasted chickpeas with chili and lime

CALORIES ~ 290 KCAL
CARBS
FAT
PROTEIN

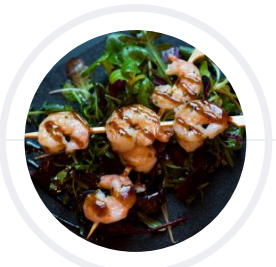
* per serving



Apple slices with honey and cinnamon

CALORIES ~ 135 KCAL
CARBS
FAT
PROTEIN

* per serving



Cilantro lime shrimps

CALORIES ~ 255 KCAL
CARBS
FAT
PROTEIN

* per serving



Caprese skewers

CALORIES ~ 299 KCAL
CARBS
FAT
PROTEIN

* per serving



Vietnamese summer rolls

CALORIES ~ 235 KCAL
CARBS
FAT
PROTEIN

* per serving



Tzatziki with sliced vegetables

CALORIES	~ 280 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Roasted nuts

CALORIES	~ 394 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Muhammara

CALORIES	~ 300 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Cauliflower popcorn

CALORIES	~ 248 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Dark chocolate with hazelnuts

CALORIES	~ 368 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Hummus with vegetables

CALORIES	~ 364 KCAL
CARBS	
FAT	
PROTEIN	

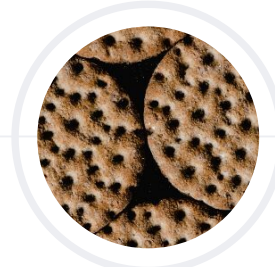
* per serving



Artichoke hearts

CALORIES	~ 240 KCAL
CARBS	
FAT	
PROTEIN	

* per serving



Almond flour crackers

CALORIES	~ 455 KCAL
CARBS	
FAT	
PROTEIN	

* per serving

* FRIENDLY TIP

You can find your recipes at the end of this report.

Macronutrients

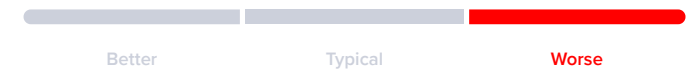
Predisposed to an intermediate response to carbs



Predisposed to typical protein metabolism



Predisposed to worse fat metabolism



Fats Breakdown

Omega-3

Likely typical need for omega-3s

Increased need

Typical need

Unsaturated Fat

Predisposed to a typical unsaturated fat response

Typical Response

Better response

Saturated Fat

Predisposed to typical saturated fat response

Typical Response

Worse Response

EPA (Omega-3)

Likely typical need for EPA

Increased need

Typical need

DHA (Omega-3)

Likely typical need for DHA

Increased need

Typical need

ALA (Omega-3)

Likely typical need for ALA

Increased need

Typical need

Omega-6

Predisposed to typical omega-6 levels

Lower Levels

Typical Levels

Higher levels

Omega-6:Omega-3 Ratio

Predisposed to a higher omega-6:omega-3 ratio

Typical

Higher

Gamma-Linolenic Acid (GLA)

Likely typical need for GLA

Increased need

Typical need

Arachidonic Acid

Predisposed to typical arachidonic acid levels

Typical Levels

Higher Levels

Linoleic Acid

Predisposed to typical levels of linoleic acid

Typical Levels

Higher Levels

Oleic Acid

Predisposed to typical oleic acid levels

Lower Levels

Typical Levels

Higher Levels

MUFA Response

Predisposed to worse MUFA response

Worse

Typical

Better

PUFA Response

Predisposed to typical PUFA response

Worse

Typical

Better

EPA (Omega-3)

Likely typical need for EPA

Increased need

Typical need

DHA (Omega-3)

Likely typical need for DHA

Increased need

Typical need

ALA (Omega-3)

Likely typical need for ALA

Increased need

Typical need

Omega-6

Predisposed to typical omega-6 levels

Lower Levels

Typical Levels

Higher levels

Omega-6:Omega-3 Ratio

Predisposed to a higher omega-6:omega-3 ratio

Typical

Higher

Gamma-Linolenic Acid (GLA)

Likely typical need for GLA

Increased need

Typical need

Arachidonic Acid

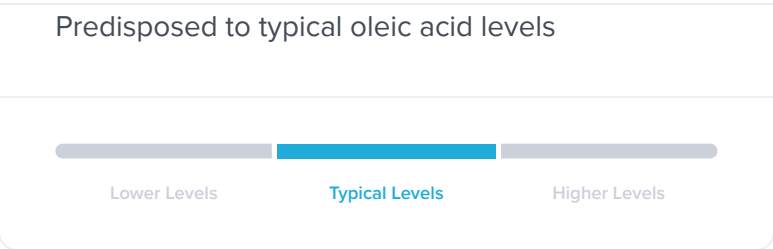
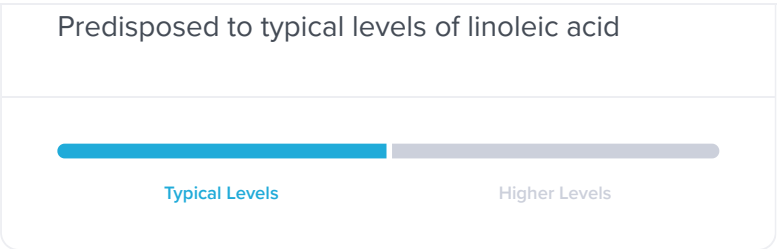
Predisposed to typical arachidonic acid levels

Typical Levels

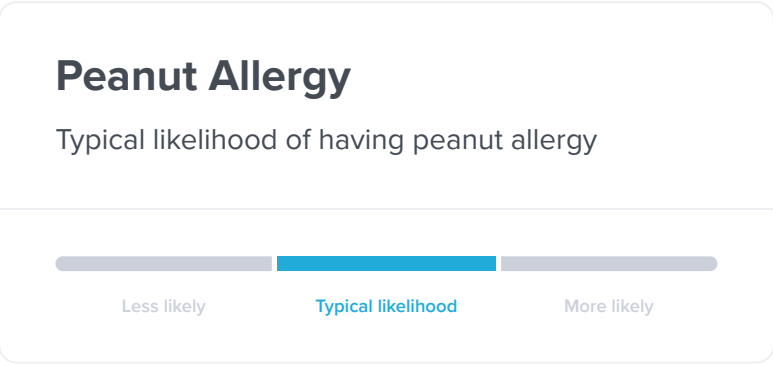
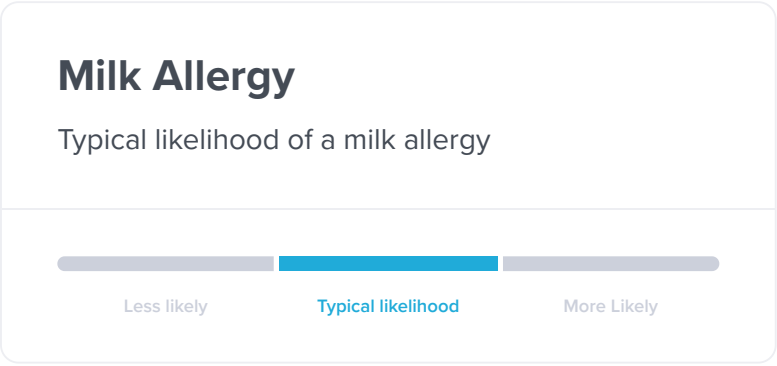
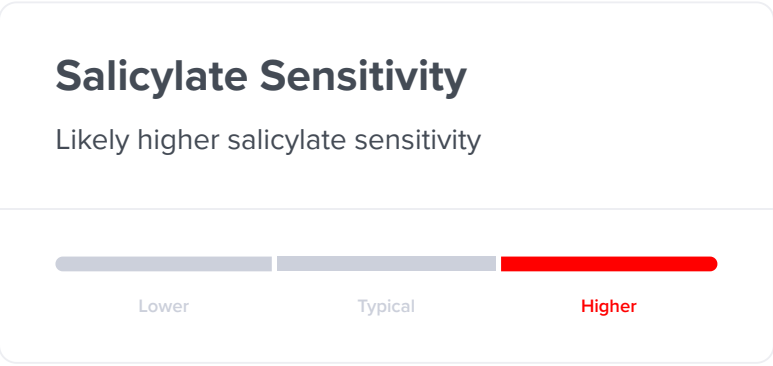
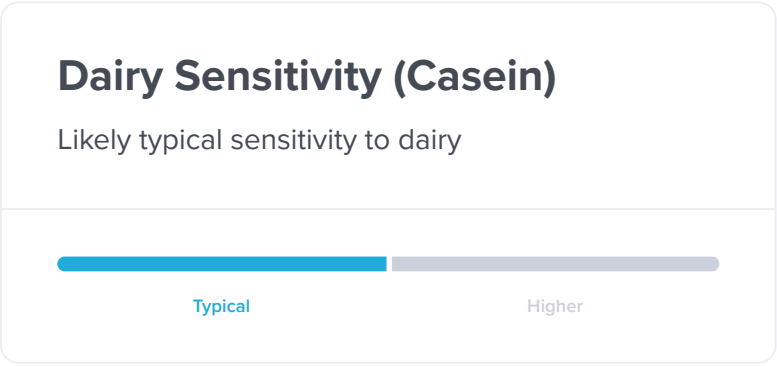
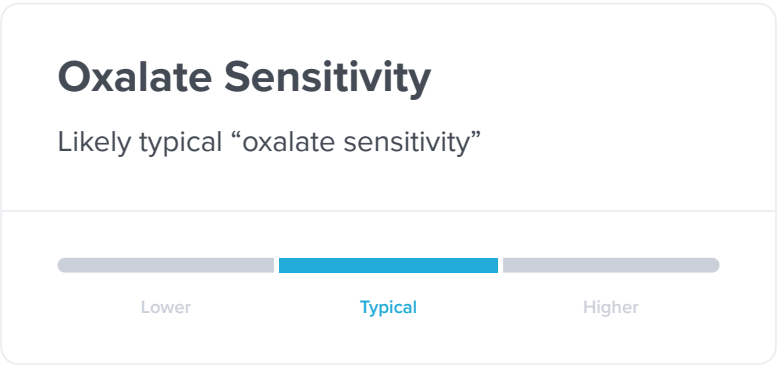
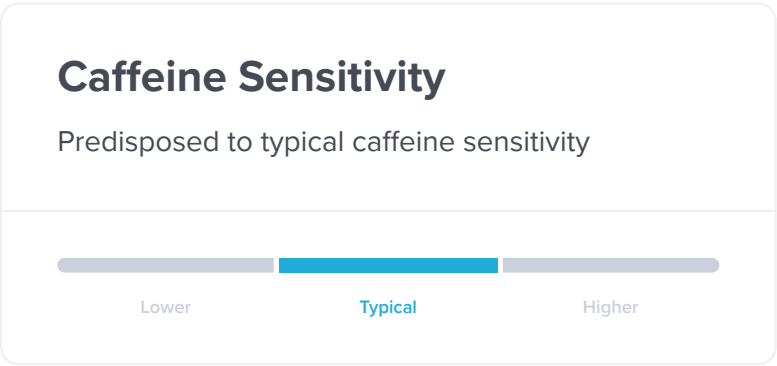
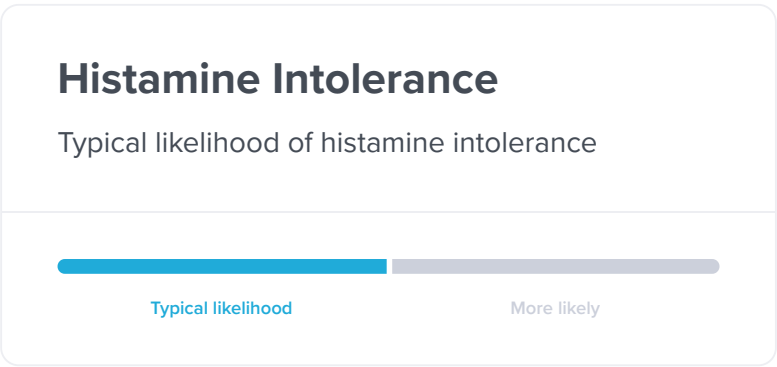
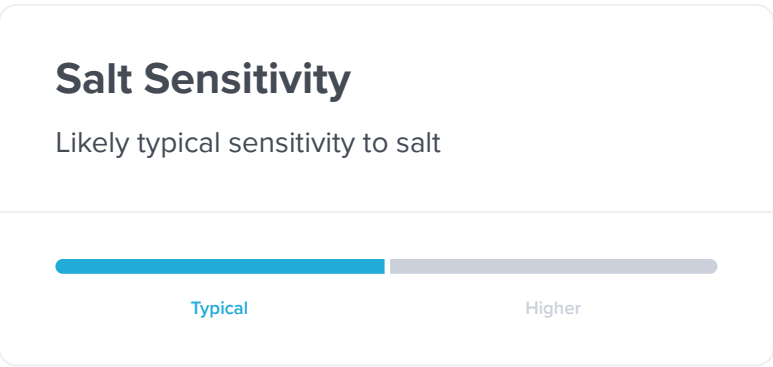
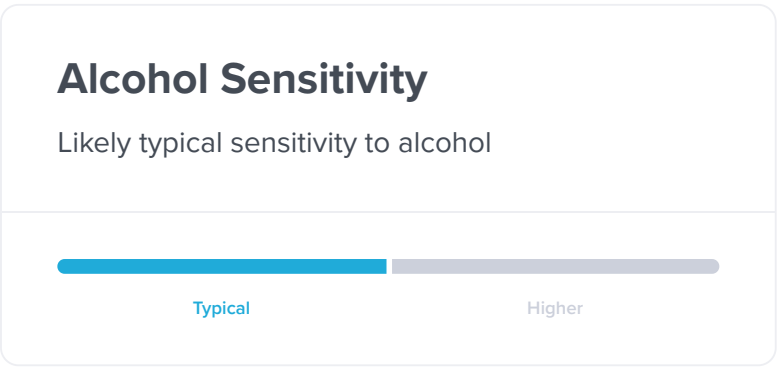
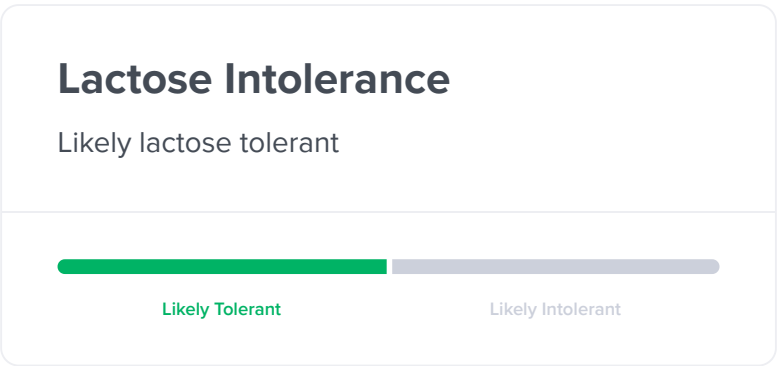
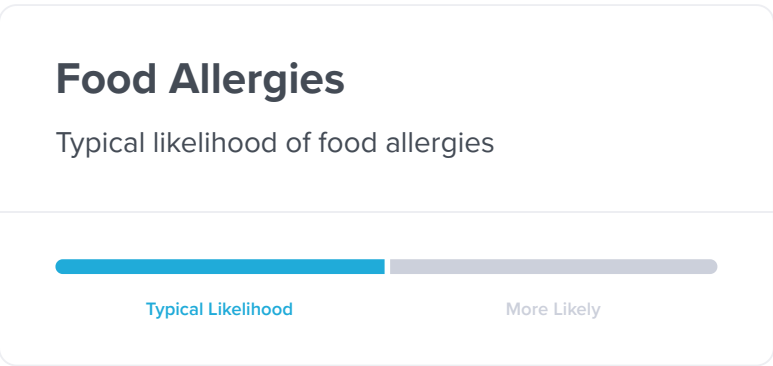
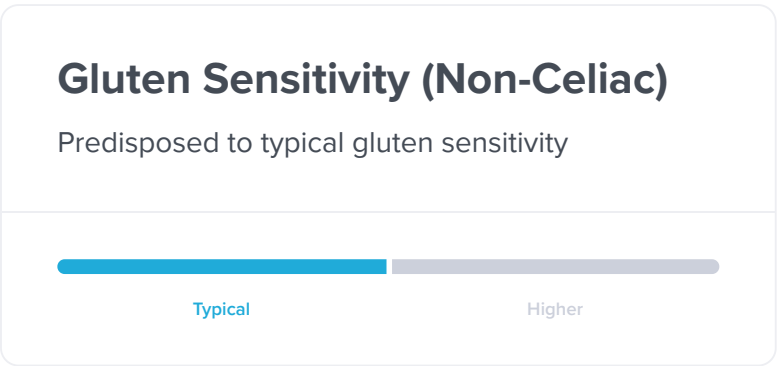
Higher Levels

Linoleic Acid

Oleic Acid



 Food Sensitivities



 Vitamins

Vitamin K

Likely typical vitamin K need

Typical need

Increased need

Vitamin E

Likely typical need for vitamin E

Typical Need

Increased Need

Vitamin A

Likely typical need for vitamin A

Typical Need

Increased Need

Vitamin C

Likely typical need for vitamin C

Typical need

Increased need

Riboflavin (Vitamin B2)

Likely typical need for riboflavin

Typical need

Increased need

Folate (Vitamin B9)

Likely typical need for folate

Typical Need

Increased Need

Vitamin B12

Likely typical need for vitamin B12

Typical need

Increased need

Vitamin D

Likely typical need for vitamin D

Increased need

Typical need

Beta-Carotene

Predisposed to lower beta-carotene levels

Lower levels

Typical levels

Higher levels

Niacinamide (Vitamin B3)

Likely typical niacinamide needs

Increased Need

Typical need

Thiamine (Vitamin B1)

Likely typical need for thiamine

Typical need

Increased need

Biotin

Likely typical need for biotin

typical need

Increased need

Vitamin B6 (Pyridoxine)

Likely typical need for vitamin B6

Typical Need

Increased Need

Minerals

Selenium

Likely increased need for selenium

Typical Need

Increased Need

Potassium

Likely typical need for potassium

Increased need

Typical need

Zinc

Likely typical need for zinc

Typical Need

Increased Need

Magnesium

Likely typical need for magnesium

Increased need

Typical need

Calcium

Likely increased need for calcium

Typical Need

Increased Need

Iron

Likely typical need for iron

Typical need

Increased need

Iodine

Likely increased need for iodine

Typical need

Increased need

Sodium

Predisposed to typical sodium levels

Typical levels

Higher levels

Manganese

Likely increased need for manganese

Increased need

Typical need

Chloride

Predisposed to typical chloride levels

Lower levels

Typical levels

Higher levels

Chromium

Likely typical need for chromium

Typical Need

Increased Need

Copper

Likely typical need for copper

Increased need

Typical need

Molybdenum

Likely typical need for molybdenum

Increased need

Typical need



Essential Amino Acids

Histidine Likely typical need for histidine Typical need Increased need	Isoleucine Predisposed to higher isoleucine levels Lower levels Typical levels Higher levels	Leucine Predisposed to lower leucine levels Lower levels Typical levels Higher levels
Lysine Likely typical need for lysine Typical need Increased need	Methionine Likely typical need for methionine Typical need Increased need	Phenylalanine Likely typical need for phenylalanine Typical need Increased need
Threonine Likely typical need for threonine Increased Need Typical Need Typical Need	Tryptophan Likely typical need for tryptophan Typical need Increased need	Valine Predisposed to typical valine levels Lower Levels Typical Levels Higher Levels



Other Nutrients

Choline Likely typical need for choline Typical need Increased need	Betaine Predisposed to higher betaine levels Lower levels Typical levels Higher levels	Glutathione Predisposed to reduced glutathione function Increased Function Typical Function Reduced Function
Coenzyme Q10 Likely typical need for coenzyme Q10 Typical need Increased need	Lutein Predisposed to lower lutein levels Lower levels Typical levels Higher levels	Lycopene Predisposed to lower lycopene levels Lower levels Higher levels
Beta-Alanine Likely typical beta-alanine needs Increased Need Typical need	Creatine Likely typical creatine levels Lower levels Typical levels Higher levels	Beta-Carotene Predisposed to lower beta-carotene levels Lower levels Typical levels Higher levels

 Eating Habits

Snacking

More likely to snack

Less Likely

More Likely

Sugar Cravings

More likely to crave sugar

Less likely

More likely

Tendency to Overeat

Typical likelihood of overeating

Less likely

Typical likelihood

More likely

Eating Disorders

More likely to have an eating disorder

Less likely

Typical likelihood

More likely

Binge Eating

More likely to binge eat

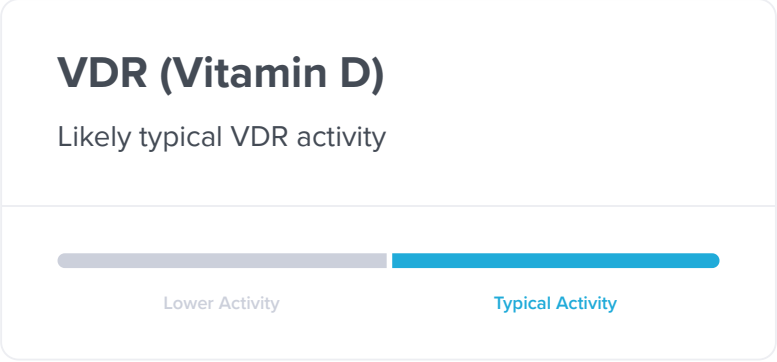
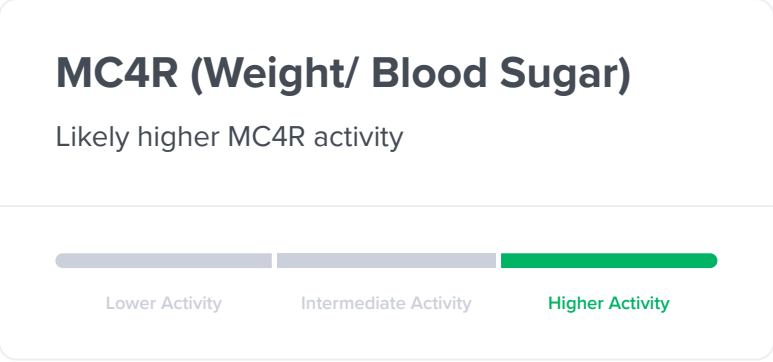
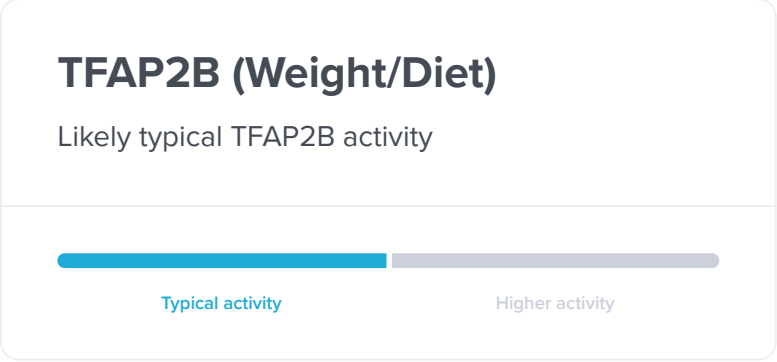
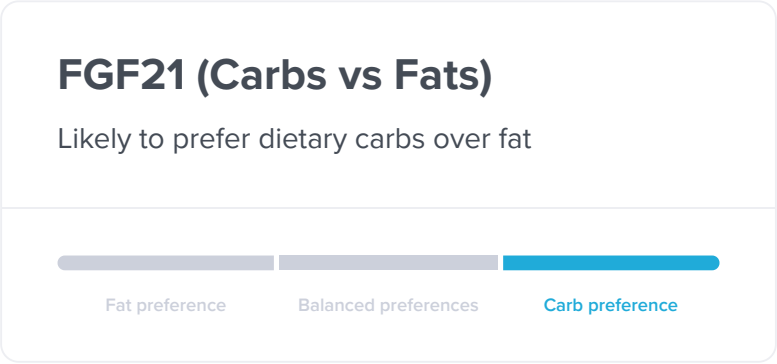
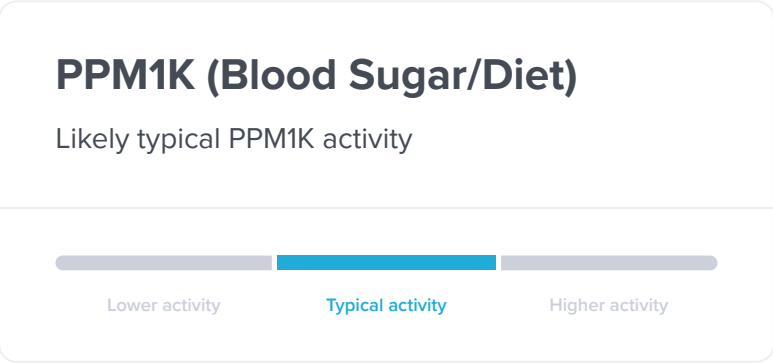
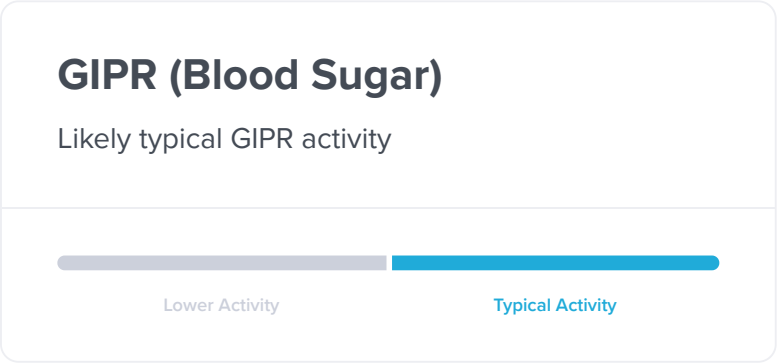
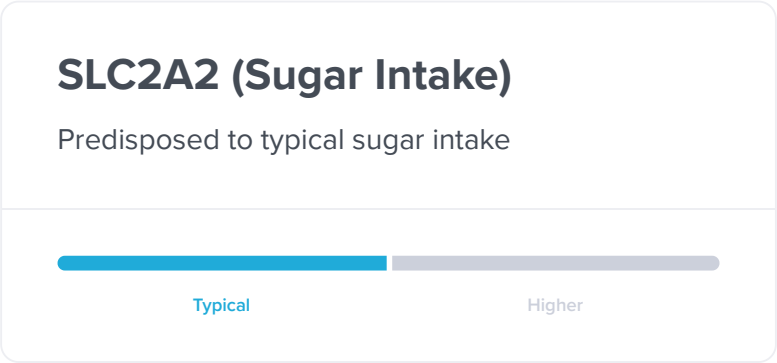
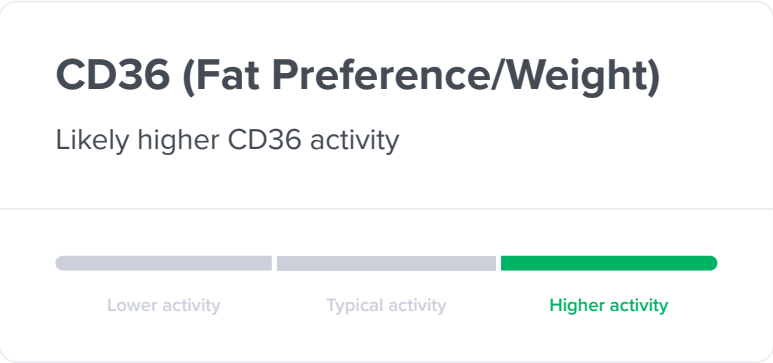
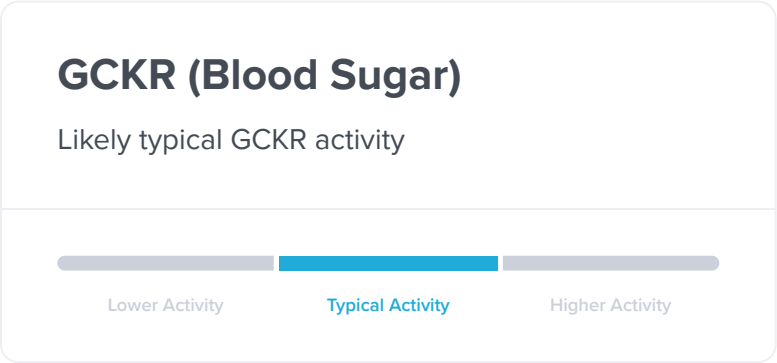
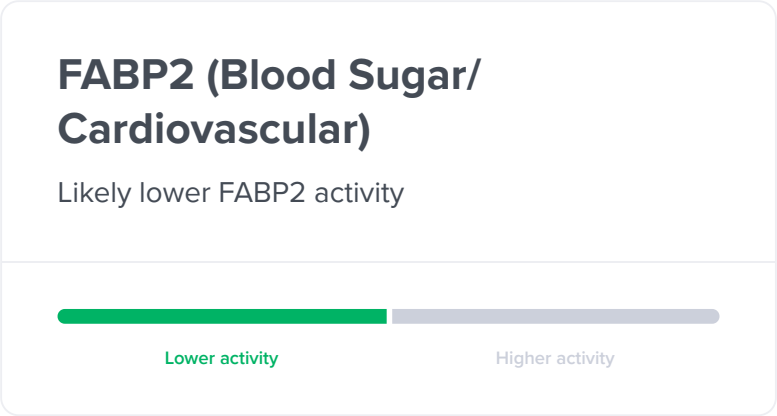
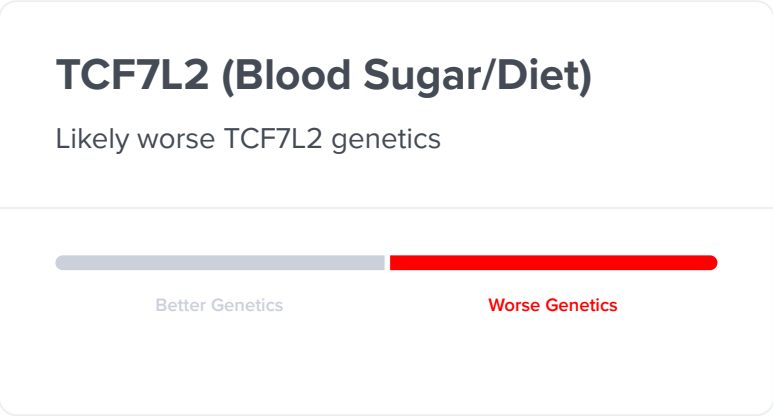
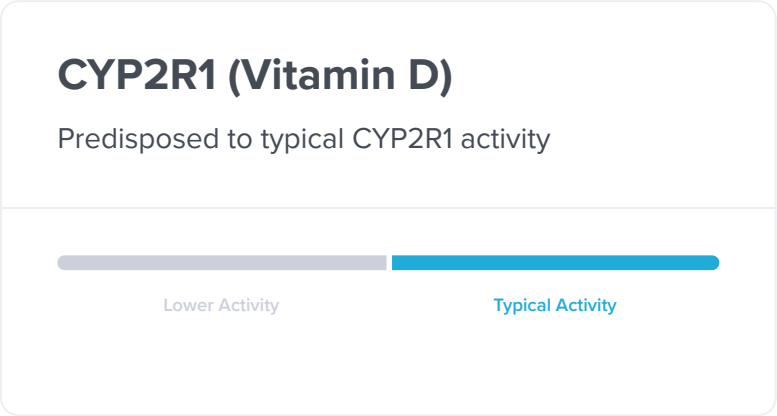
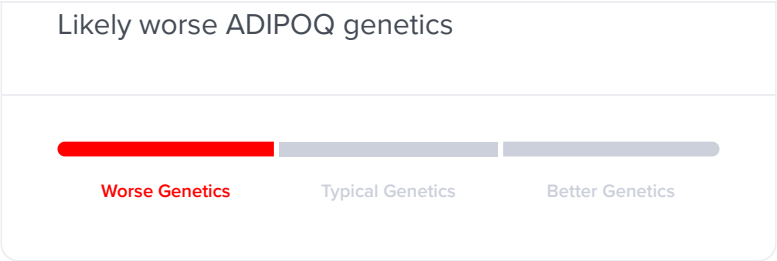
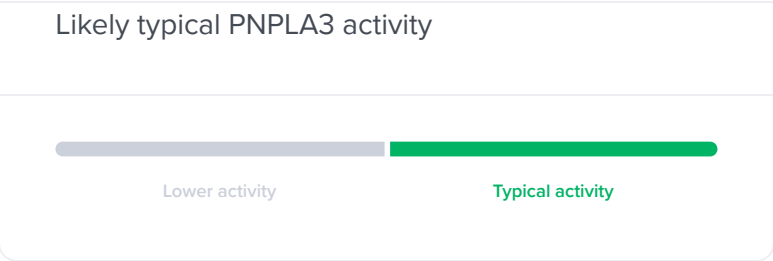
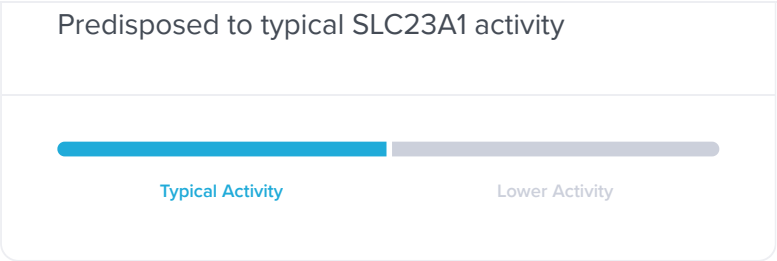
Less likely

Typical likelihood

More likely

 Nutrition Genes

MTHFR Likely typical MTHFR activity Lower Activity Slightly lower Typical Activity	MTHFD1 (Folate/ Methylation) Likely higher MTHFD1 activity Lower Activity Higher Activity	MTHFD1L (Folate/ Methylation) Likely typical MTHFD1L activity Typical Activity Lower Activity
MTHFS (Folate/ Methylation) Likely worse MTHFS genetics Better Genetics Worse Genetics	SHMT1 (Folate/ Methylation) Likely worse SHMT1 genetics Worse Genetics Better Genetics	CUBN (Vitamin B12) Likely higher CUBN activity Lower Activity Higher Activity
TCN2 (Vitamin B12) Likely higher TCN2 activity Lower Activity Typical Activity Higher activity	DHFR (Folate/ Methylation) Likely lower DHFR activity Lower activity Typical activity Higher activity	FOLH1 (Folate/ Methylation) Likely typical FOLH1 genetics Typical Genetics Worse Genetics
PDXK (Vitamin B6) Likely higher PDXK activity Lower activity Typical activity Higher activity	GC (Vitamin D) Likely higher GC activity Lower activity Higher activity	FUT2 (Gut/ Vitamin B12) Likely non-secretor Non-secretor Secretor
FADS1/2 (Fatty Acid Metabolism) Likely intermediate FADS1/2 activity Lower activity Intermediate activity Higher activity	PPARA (Keto Diet) Likely lower PPARA activity Lower Activity Typical Activity	FTO (Overeating) Likely better FTO genetics Better Worse
TAS2R16 (Bitter Taste/ Longevity) Likely typical TAS2R16 activity Lower activity Typical activity Higher activity	TAS2R38 (Bitter Taste Perception) Likely lower TAS2R38 activity Lower activity Intermediate activity Higher activity	APOA2 (Weight, Blood Lipids) Likely lower APOA2 activity Lower activity Typical activity
TF (Iron & Cognition) Predisposed to typical TF activity Typical Activity Lower Activity	CRY2 (Blood Sugar) Likely typical CRY2 genetics Worse Genetics Typical Genetics Better Genetics	MTNR1B (Diet & Blood Sugar) Predisposed to lower MTNR1B activity Lower Activity Higher Activity
SLC23A1 (Vitamin C)	PNPLA3 (Lipids/ Liver Health)	ADIPOQ (Weight/ Blood Sugar)

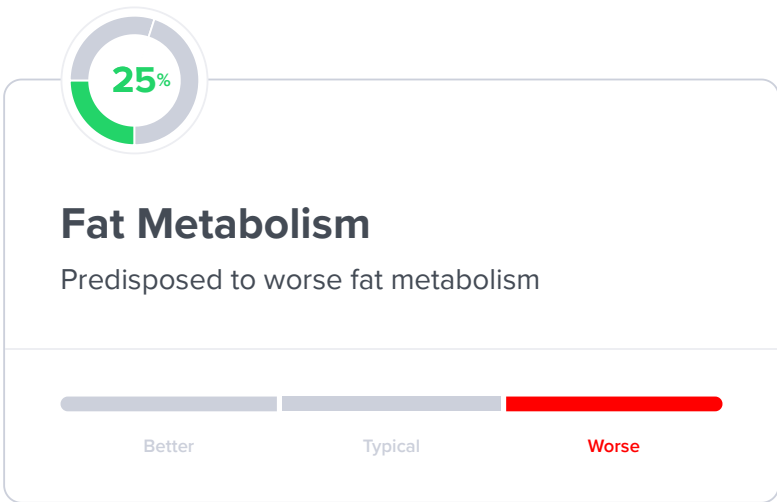
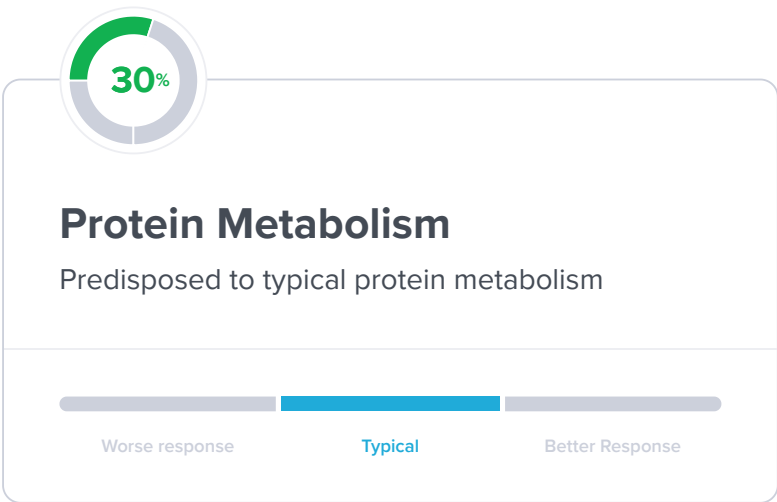
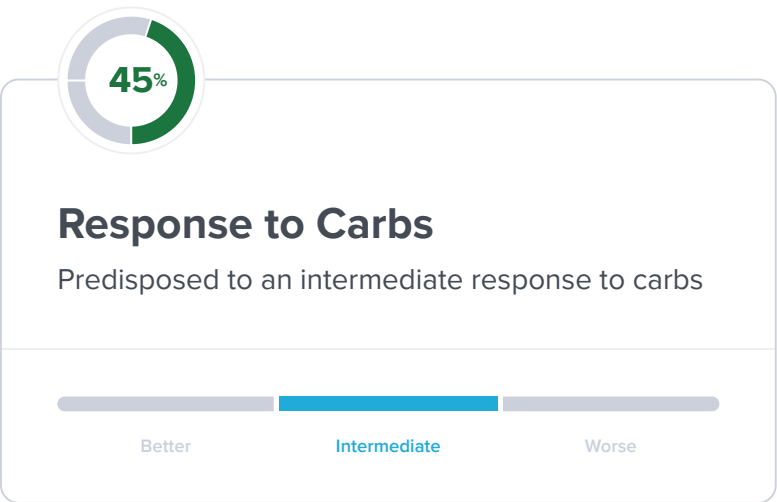


Your Results in Details



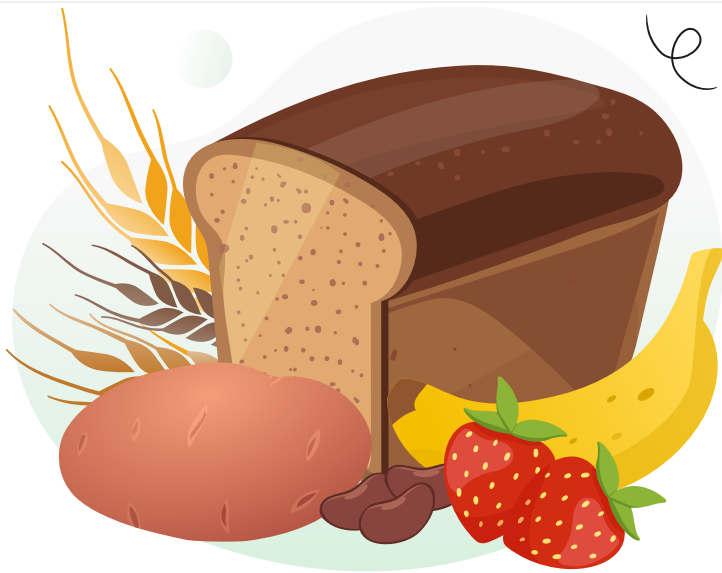
Macronutrients

Macronutrients are nutrients your body needs in large amounts. Many diet plans focus on controlling the amount of macronutrients you eat: carbohydrates, fats, and protein. Research shows that people have different abilities to process macronutrients. Find out how you process each macronutrient below. Adjusting your macros based on your genes may help improve your weight, blood sugar, cholesterol levels, and more!



Response To Carbs

Carbohydrates are the main source of energy in our modern diets. Carbs include simple carbs like candy, honey, and fruit juice, and healthier complex carbs like whole grains and vegetables [R].



Your Result



 PERSONALIZED TO YOUR GENES

You may have a typical response to carbs. You carry one "farmer" and one "hunter-gatherer" variant. **Carb-rich foods such as grains may raise your blood sugar.** These break down into sugars, which you don't metabolize that well [R, R, R, R].

You may thrive on a diet with moderate amounts of carbs. Take special care to limit your intake of sugary foods and try to choose high-fiber foods with fewer digestible carbs such as:

- Legumes (soy, peas, beans)
- Berries
- Apples
- Avocados
- Non-starchy vegetables (cauliflower, squash, celery)
- Leafy greens (spinach, chard, lettuce)

Your Gene Table

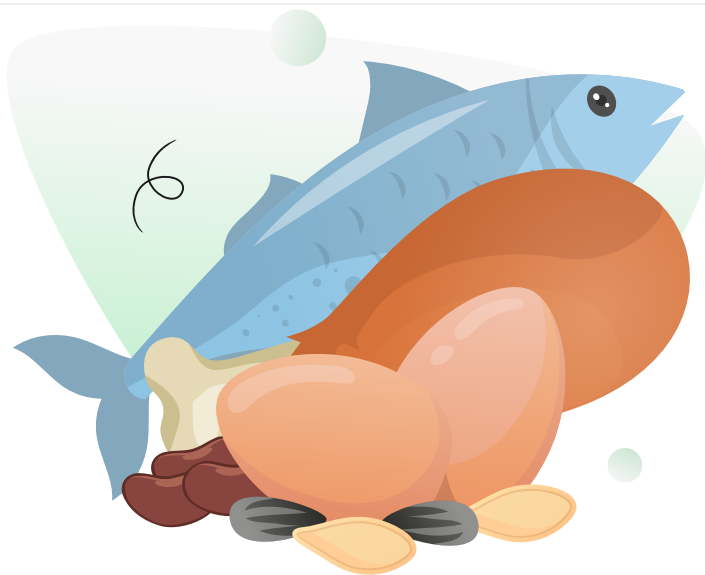
GENE	VARIANT	GENOTYPE
TCF7L2	rs7903146	CT

Healthy carbs food sources

- Root vegetables (sweet potatoes, carrots, beets, etc.)
- Legumes (beans, chickpeas, lentils, peas, etc.)
- Whole grains (brown rice, wheat, barley, oats, rye, etc.)
- Pseudo-grains (quinoa, amaranth, buckwheat, etc.)
- Fruits and vegetables

Protein Metabolism

Proteins are essential building blocks that help make muscles, hormones, and more. They can also be used for energy. Healthy protein sources include poultry, fish, eggs, legumes, whole grains, and dairy [\[R,R\]](#).



Your Result



 **PERSONALIZED TO YOUR GENES**

Based on the genes we looked at, you may have an intermediate response to dietary protein. High-protein diets may not have significant effects on your weight, metabolism, and cholesterol levels..

You may thrive on a diet with moderate amounts of protein.

Healthy **protein** food sources

- Eggs
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Seeds (chia seeds, flax seed, pumpkin seeds, etc.)
- Legumes (beans, chickpeas, lentils, peas, etc.)
- Lean meat (chicken, turkey)
- Fish
- Soy products (soybeans, tofu, tempeh, etc.)

Your Gene Table

GENE	VARIANT	GENOTYPE
FTO	rs9939609	TT
FTO	rs1558902	TT
GLP1R	rs6923761	GG
CNDP2	rs4891558	TT
CLOCK	rs3749474	CC
FUCA1	rs3123554	GA
ST6GAL1	rs1501299	GT
CNDP1	rs7244647	TC
MTNR1B	rs10830963	CC
ADRB3	rs4994	AA
TFAP2B	rs987237	AA
NTN5	rs838147	AA
TNF	rs1800629	GG
NADSYN1	rs12785878	TT

Fat Metabolism

Fats are an important source of energy. Fats are divided into saturated and unsaturated fats. Unsaturated fats, including olive oil and omega-3 fatty acids, are considered healthier [\[R,R\]](#).



Your Result

Better

Typical

Worse

PERSONALIZED TO YOUR GENES

Based on the gene variants we looked at, you may have a worse response to dietary fat. A high-fat diet is likely to increase your weight and cholesterol levels.

You may thrive on a diet with moderate or low amounts of fat. When eating fat, make sure to choose healthier fats from whole food sources.

Healthy fats food sources

- Avocado
- Olive Oil
- Fatty fish (salmon, sardines, herring, etc.)
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Seeds (chia seeds, flax seed, pumpkin seeds, etc.)

Your Gene Table

GENE	VARIANT	GENOTYPE
FCER1G	rs5082	GG
ADRB3	rs4994	AA
TCF7L2	rs7903146	CT
CETP	rs708272	GG
ADAM10	rs1800588	TT
ADAM10	rs2070895	AA
ABCA1	rs2230806	CC
RFC4	rs17300539	GA
MC4R	rs2229616	CC
GIPR	rs2287019	CC
IRS1	rs2943641	CC
ACSL5	rs2419621	CC
STAT3	rs8069645	AG
STAT3	rs744166	AG
STAT3	rs2293152	GC
STAT6	rs1799986	CT
MTTP	rs1800591	GT
AHSG	rs4917	TC
CLOCK	rs1801260	AG
PPARA	rs1800206	GC
PPARA	rs135549	TC
APOE	rs7412	CT
APOB	rs693	AG
AGT	rs699	AG

APOA1	rs670	TC
LPL	rs328	CC
LPL	rs13702	TT
LPL	rs1121923	GG
APOA4	rs5110	CC
TCF7L2	rs12255372	GT
PPM1K	rs1440581	TC
TLR4	rs5030728	GA
CLOCK	rs4580704	GC
SIDT2	rs5070	AG
UCP3	rs1800849	GA
PPARG	rs1801282	CC
FTO	rs9939609	TT
PCSK7	rs662799	AA
FABP2	rs1799883	CC
APOC1	rs405509	GG
SIDT2	rs964184	CC
PEX11A	rs894160	CC
CETP	rs5882	AA
APOE	rs429358	TT
PPARG	rs3856806	CC
NSMAF	rs3808607	TT
CLOCK	rs3749474	CC
MICB	rs361525	GG
CD36	rs1984112	GG
TNF	rs1800629	GG



Fats Breakdown

Fats in our diet are divided into two major groups: saturated and unsaturated fat. Omega-3 fatty acids are one of the healthiest unsaturated fats. We all have different abilities to break down and use these fats! For some people, adjusting the amount of certain types of dietary fats may help them feel better and experience better health.

Omega-3 Likely typical need for omega-3s Increased need Typical need	Unsaturated Fat Predisposed to a typical unsaturated fat response Typical Response Better response	Saturated Fat Predisposed to typical saturated fat response Typical Response Worse Response
EPA (Omega-3) Likely typical need for EPA Increased need Typical need	DHA (Omega-3) Likely typical need for DHA Increased need Typical need	ALA (Omega-3) Likely typical need for ALA Increased need Typical need
Omega-6 Predisposed to typical omega-6 levels Lower Levels Typical Levels Higher levels	Omega-6:Omega-3 Ratio Predisposed to a higher omega-6:omega-3 ratio Typical Higher	Gamma-Linolenic Acid (GLA) Likely typical need for GLA Increased need Typical need
Arachidonic Acid Predisposed to typical arachidonic acid levels Typical Levels Higher Levels	Linoleic Acid Predisposed to typical levels of linoleic acid Typical Levels Higher Levels	Oleic Acid Predisposed to typical oleic acid levels Lower Levels Typical Levels Higher Levels
MUFA Response Predisposed to worse MUFA response Worse Typical Better	PUFA Response Predisposed to typical PUFA response Worse Typical Better	EPA (Omega-3) Likely typical need for EPA Increased need Typical need
DHA (Omega-3) Likely typical need for DHA	ALA (Omega-3) Likely typical need for ALA	Omega-6 Predisposed to typical omega-6 levels

Increased need

Typical need

Increased need

Typical need

Lower Levels

Typical Levels

Higher levels

Omega-6:Omega-3 Ratio

Predisposed to a higher omega-6:omega-3 ratio

Typical

Higher

Gamma-Linolenic Acid (GLA)

Likely typical need for GLA

Increased need

Typical need

Arachidonic Acid

Predisposed to typical arachidonic acid levels

Typical Levels

Higher Levels

Linoleic Acid

Predisposed to typical levels of linoleic acid

Typical Levels

Higher Levels

Oleic Acid

Predisposed to typical oleic acid levels

Lower Levels

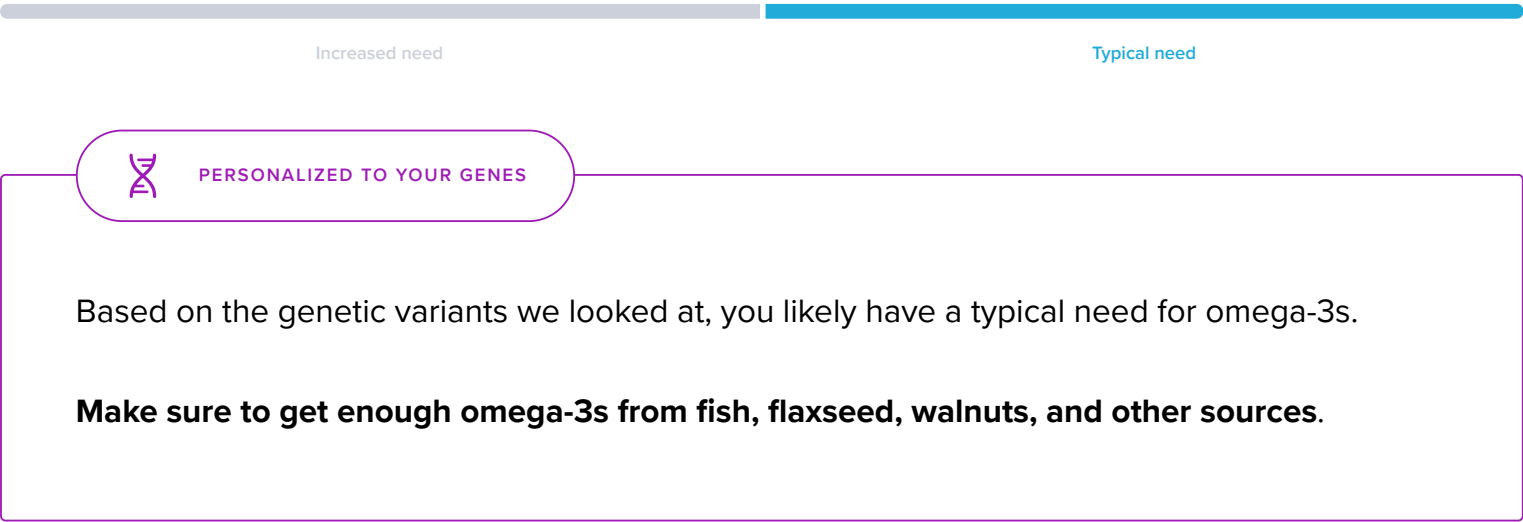
Typical Levels

Higher Levels

Omega-3

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Good sources of omega-3s include fatty fish, flaxseed, chia seeds, and walnuts [R, R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
FADS2	rs174579	CC
TMEM258	rs174532	GG
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
/	rs6553050	TT
MAP7	rs13191834	TT
FADS2	rs174583	TC
FADS2	rs174577	AC
FADS2	rs174576	AC
FADS2	rs174550	CT
FADS2	rs174547	CT
FADS2	rs174546	TC
TMEM258	rs174538	AG
TMEM258	rs174535	CT
TMEM258	rs174537	TG
COL11A1	rs11164689	TG
MYOM1	rs949306	GG
KCNK17	rs6921231	GA
FADS1	rs2727270	TC

ADRA1A	rs558455	GG
FADS2	rs1535	GA
TMEM258	rs102275	CT
TMEM258	rs108499	TC
SNX17	rs4665972	CC
TSPAN31	rs2277324	GA
MAU2	rs10401969	TC
SYCP2L	rs953413	GA
/	rs2129588	CT
FADS1	rs99780	TC
/	rs11235247	GG
NOS3	rs1799983	GG
MACROD2	rs12481689	AA
ANKS1A	rs3800433	GG
WSB1	rs17703271	TT
PIK3C2A	rs7949405	AA
PRR11	rs2291193	AA
TMEM132D	rs265603	TG

Unsaturated Fat

Unsaturated dietary fat is considered healthier than saturated fat. Good sources of unsaturated fats include olive oil, nuts and seeds, fatty fish, and avocados [R, R].



Your Result

Typical Response

Better response

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical response to unsaturated fat. It may not have a major effect on your weight, cholesterol, and blood sugar levels.

You may thrive on a diet with moderate amounts of unsaturated fat.

Your Gene Table

GENE	VARIANT	GENOTYPE
FAAH	rs324420	AA
PPARG	rs1801282	CC
FTO	rs9939609	TT
LEPR	rs1805094	GG
ABTB1	rs782444	TT
PNPLA3	rs738409	CC
BDNF	rs6265	CC
APOE	rs429358	TT
ABCG1	rs4148102	GG
RFC4	rs266729	CC
MTHFR	rs1801131	TT
UCP3	rs1800849	GA
TNF	rs1800629	GG
NOS3	rs1799983	GG
FABP2	rs1799883	CC
FADS2	rs174550	CT
RFC4	rs17300539	GA
TCF7L2	rs7903146	CT
KCNMB3	rs7645550	TC
TPRA1	rs6787155	AC
ABTB1	rs6776142	TC
APOA1	rs670	TC
PON1	rs662	TC
MAU2	rs58542926	CT

ST6GAL1	rs3774261	GA
SIDT2	rs2854116	CT
IQCJ	rs2044704	GC
IQCJ	rs1962071	AC
PPARA	rs1800206	GC
ABTB1	rs1466571	AG
GCKR	rs1260326	TC
ADAM17	rs10495563	AG
PCSK5	rs1029035	TG
FADS2	rs174546	TC
FADS2	rs1535	GA
MGLL	rs9877819	GG
ABTB1	rs555183	AA
ABTB1	rs549662	AA
ADRB3	rs4994	AA
PODXL2	rs3773155	AA
LPL	rs320	TT
ANKK1	rs1800497	GG
ABTB1	rs13076593	CC
NECTIN2	rs1064725	TT

Saturated Fat

The main sources of saturated fat in our diet are meat and dairy. Increased intake of saturated fat has been linked to heart disease and high cholesterol [R].



Your Result

Typical Response

Worse Response

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical response to saturated fat. Moderate amounts of saturated fat may not have adverse effects on your weight and cholesterol levels.

You may tolerate saturated fat in moderation. It’s still important to avoid saturated fat from processed foods and choose healthy whole food sources instead.

Your Gene Table

GENE	VARIANT	GENOTYPE
FCER1G	rs5082	GG
ADAM10	rs1800588	TT
ABCA1	rs2230806	CC
PPARG	rs10865710	CC
TCF7L2	rs7903146	CT
FTO	rs1121980	GG
APOE	rs429358	TT
STAT6	rs1799986	CT
TLR4	rs5030728	GA
PPARA	rs1800206	GC
PPARA	rs135549	TC
APOB	rs693	AG
AGT	rs699	AG
APOA1	rs670	TC
FTO	rs1558902	TT
FTO	rs1421085	TT
FTO	rs17817449	TT
STAT3	rs8069645	AG
STAT3	rs744166	AG
STAT3	rs2293152	GC
AHSG	rs4917	TC
CLOCK	rs1801260	AG
SIDT2	rs5070	AG
SIDT2	rs2854117	TC

APOE	rs7412	CT
CLOCK	rs4580704	GC
PPARG	rs1801282	CC
PCSK7	rs662799	AA
FTO	rs9939609	TT
CETP	rs5882	AA
APOC1	rs405509	GG
MED24	rs1568400	TC
SIDT2	rs964184	CC
PPARG	rs3856806	CC
LPL	rs328	CC
ADAM10	rs2070895	AA
CD36	rs1984112	GG
LPL	rs13702	TT
MC4R	rs12970134	GG
LPL	rs1121923	GG
PEX11A	rs894160	CC
PKDREJ	rs4253778	CC
STAT3	rs1053005	TT

EPA (Omega-3)

The body can produce EPA from alpha-linolenic acid (ALA), another type of omega-3 fatty acid found in plants. We can also get EPA directly from food sources such as oily fish, shellfish, and algae [\[R\]](#), [\[R\]](#), [\[R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
/	rs6553050	TT
MAP7	rs13191834	TT
TMEM258	rs174532	GG
COL11A1	rs11164689	TG
FADS2	rs174579	CC
MYOM1	rs949306	GG
KCNK17	rs6921231	GA
FADS1	rs2727270	TC
ADRA1A	rs558455	GG
FADS2	rs174547	CT
FADS2	rs174550	CT
FADS2	rs174546	TC
FADS2	rs1535	GA
FADS2	rs174583	TC
FADS2	rs174576	AC
TMEM258	rs174538	AG
TMEM258	rs174535	CT

FADS2	rs174577	AC
TMEM258	rs102275	CT
TMEM258	rs108499	TC
SNX17	rs4665972	CC
TSPAN31	rs2277324	GA
MAU2	rs10401969	TC
SYCP2L	rs953413	GA
/	rs2129588	CT
FADS1	rs99780	TC
/	rs11235247	GG
MACROD2	rs12481689	AA
ANKS1A	rs3800433	GG
WSB1	rs17703271	TT
PIK3C2A	rs7949405	AA
PRR11	rs2291193	AA
TMEM132D	rs265603	TG

DHA (Omega-3)

DHA is one of the most important omega-3 fatty acids. It plays crucial roles in growth, brain function, heart health, and eye health [\[R, R, R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
/	rs6553050	TT
MAP7	rs13191834	TT
TMEM258	rs174532	GG
COL11A1	rs11164689	TG
FADS2	rs174579	CC
MYOM1	rs949306	GG
KCNK17	rs6921231	GA
FADS1	rs2727270	TC
ADRA1A	rs558455	GG
FADS2	rs174547	CT
FADS2	rs174550	CT
FADS2	rs174546	TC
FADS2	rs1535	GA
FADS2	rs174583	TC
FADS2	rs174576	AC
TMEM258	rs174538	AG
TMEM258	rs174535	CT

FADS2	rs174577	AC
TMEM258	rs102275	CT
TMEM258	rs108499	TC
SNX17	rs4665972	CC
TSPAN31	rs2277324	GA
MAU2	rs10401969	TC
SYCP2L	rs953413	GA
/	rs2129588	CT
FADS1	rs99780	TC
/	rs11235247	GG
MACROD2	rs12481689	AA
ANKS1A	rs3800433	GG
WSB1	rs17703271	TT
PIK3C2A	rs7949405	AA
PRR11	rs2291193	AA
TMEM132D	rs265603	TG

ALA (Omega-3)

[Alpha-linolenic acid](#) (ALA) is an essential omega-3 fatty acid. It is necessary for our health, but our bodies can't produce it. We need to get it from food. ALA helps make fatty acids [eicosapentaenoic acid \(EPA\)](#), and [docosahexaenoic acid \(DHA\)](#). EPA and DHA play important roles in inflammation reduction, eye and brain health, and nervous system development [[R](#), [R](#)].



Your Result



Your Gene Table

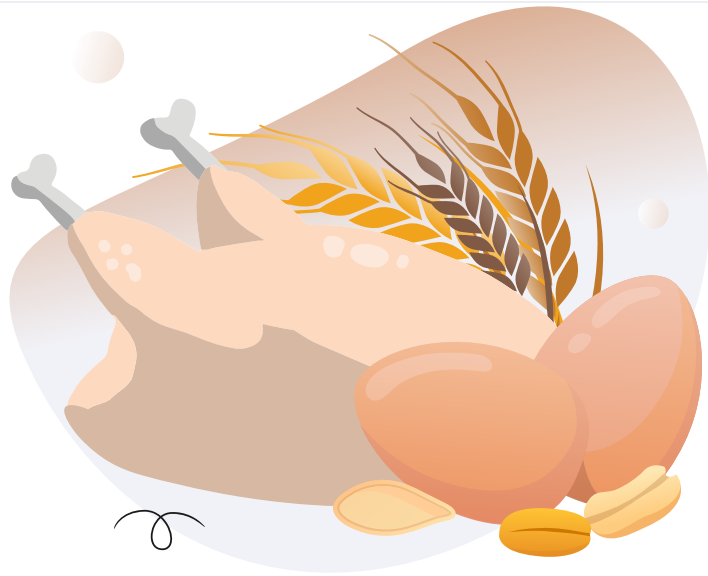
GENE	VARIANT	GENOTYPE
FADS2	rs4246215	TG
TMEM258	rs102275	CT
FADS1	rs174536	CA
FADS2	rs1535	GA
FADS2	rs174547	CT
BEST1	rs174468	AA
NPIPA1	rs4985167	CT
DAGLA	rs1692120	AG
MCM6	rs16832011	AA
HTR3E	rs4912523	GG
KLK10	rs3745536	GG
EGFR	rs884420	CC
MPDZ	rs16923093	GG
/	rs11163101	CC
EFNA5	rs624548	CC
RASA1	rs7712940	CC
CBX3	rs6960012	CC
HACE1	rs156217	TT
SV2B	rs8024092	GG
TRPM8	rs17862939	AA
TXN2	rs6000268	CC
ECE1	rs4654909	GG
PTCHD4	rs17556966	CC
RFLNA	rs7956827	CC

GADD45G	rs11265949	AA
CCND2	rs12317697	AA
/	rs16914464	TT
KCNJ2	rs12949270	CC
MARCO	rs6754877	CC
/	rs9510266	CC
CASZ1	rs4427409	CC
BHLHE41	rs11048518	GG
EIF3H	rs16888329	TT
UBE3A	rs11635669	CC
WDFY3	rs17368018	TT
THRB	rs1505303	AA
SLC9A9	rs9877770	AA
STEAP4	rs7804886	GG
GRM8	rs17864085	GG
FNBP1	rs10988538	AA

Omega-6

The most highly consumed omega-6 fatty acid is linoleic acid. Linoleic acid is essential, meaning we have to get it from our diets. Our bodies use it to produce other omega-6s such as gamma-linolenic acid (GLA) and arachidonic acid (AA) [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PLG	rs186696265	CC
ZNF653	rs56322906	GG
APOE	rs1065853	GT
GDF7	rs6547409	CC
CEACAM16	rs111278137	GG
HNF4A	rs1800961	CC
CEACAM20	rs74747585	TT
MAU2	rs58542926	CT
TMED6	rs76116020	AA
DGAT2	rs72997616	CC
ABCA1	rs2740488	AA
ALDH1A2	rs261290	TC
SMARCA4	rs142158911	AG
HLA-DQA1	rs9273453	CC
ADAM10	rs633695	AG
CPNE1	rs2378390	GG
GCKR	rs1260326	TC
IGF2R	rs80254170	AG
ADAM10	rs11854242	CT
AKR1C3	rs117488242	AG
ABCA6	rs740516	CG
PCSK9	rs34232196	TC
TTC32	rs870526	TC
LIPG	rs77960347	AA

CLPTM1	rs79429216	GG
SIDT2	rs964184	CC
NECTIN2	rs1081105	AA
MAFB	rs1883711	GG
TRIB1	rs112875651	AA
NLRC5	rs3764261	CC
BUD23	rs34121855	GG
ABCA1	rs11789603	CC
HMGCR	rs4704210	GG
ABO	rs115478735	AA
MICB	rs9391844	AA
ABCG8	rs4299376	TT
DOK7	rs13108218	GG
TTC39B	rs4008004	CC
UBE2L3	rs5754102	AA
C12ORF43	rs7970695	AA

Omega-6:Omega-3 Ratio

Humans evolved on diets with an omega-6/omega-3 ratio close to 1:1. A low omega-6/omega-3 ratio is associated with a healthy weight, a lower risk of heart disease, healthier blood vessels, and improved longevity. However, in a modern Western diet, the omega-6/omega-3 ratio can be as high as 20:1. High omega-6/omega-3 ratios may be linked to obesity, heart disease, and cancer [\[R, R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
NRG3	rs2207778	GG
ASPH	rs7812327	CC
/	rs7611558	CC
INSM1	rs11908058	GG
FADS2	rs174547	CT
GPR18	rs2390277	GA

Gamma-Linolenic Acid (GLA)

GLA is an omega-6 fatty acid that our bodies can make from linoleic acid. Most adults on a typical Western diet get enough linoleic acid from vegetable oils, nuts, and seeds [\[R\]](#), [\[R\]](#).



Your Result

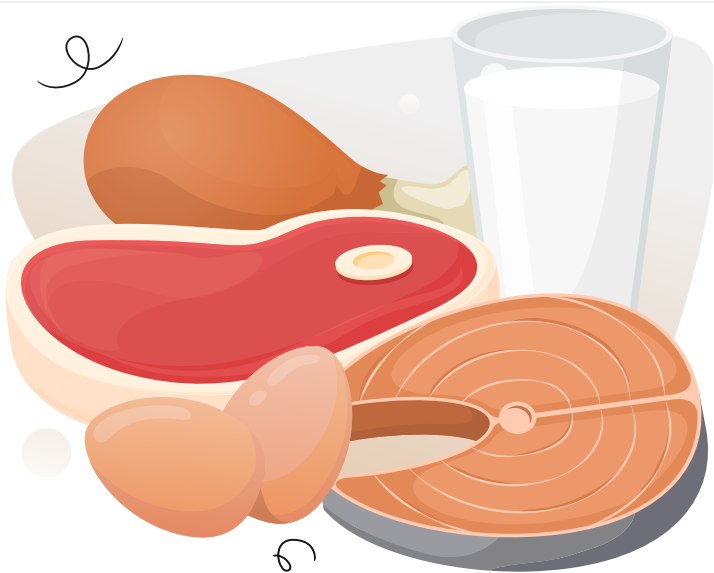


Your Gene Table

GENE	VARIANT	GENOTYPE
MYRF	rs7925523	GG
TMEM258	rs174537	TG
FADS2	rs174546	TC
SCGB2A1	rs12806663	CC
HAO1	rs2206405	AA
HES1	rs6444746	GG
SERPINB9	rs316338	GG
MAML3	rs13112683	TG
C6ORF163	rs2031365	TC
PEAK3	rs2074552	TC
SNX13	rs12535608	GG

Arachidonic Acid

[Arachidonic acid](#) (AA or ARA) is an omega-6 fatty acid. Our bodies can produce it from [linoleic acid](#) or get it from foods. AA is necessary for immune response, muscle growth, brain function, wound healing, mood control, and appetite control [[R](#), [R](#), [R](#), [R](#), [R](#)].



Your Result

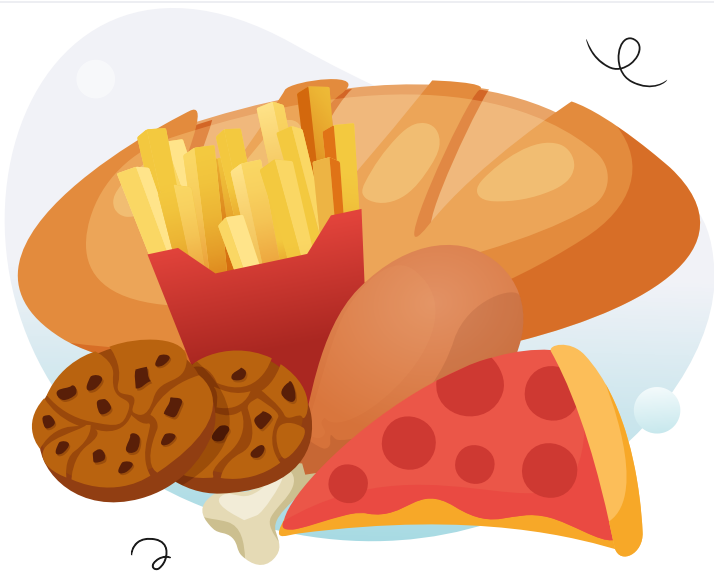


Your Gene Table

GENE	VARIANT	GENOTYPE
FADS2	rs174545	GC
TMEM258	rs174528	CT
FADS2	rs174577	AC
PAQR9	rs2581624	GC
CHST11	rs1795851	AA
PRNP	rs6133127	CC
DAB1	rs1404384	CT
CHST11	rs1882496	GA
ZNF215	rs10839732	CA
VGLL3	rs12714668	CA
DAB1	rs1539053	AG
RNPC3	rs1688589	GG
SLC22A16	rs1080261	TT
MARCKS	rs2637523	CC
MARCKS	rs9942436	CC
CCDC130	rs16979306	GG
CCDC130	rs7258177	GG

Linoleic Acid

Linoleic acid is the most highly consumed omega-6 fatty acid. It is an essential fatty acid because humans cannot produce it and should get it from food. Linoleic acid supports energy production, skin health, and heart health [R, R].



Your Result



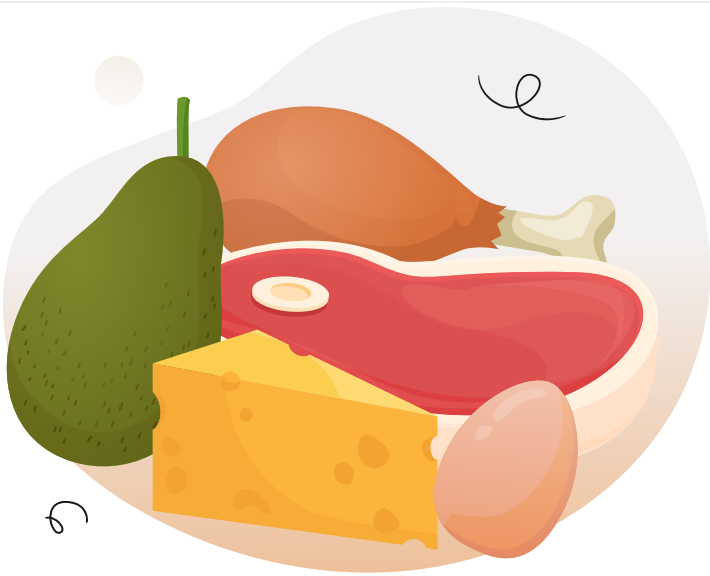
Your Gene Table

GENE	VARIANT	GENOTYPE
PLG	rs186696265	CC
APOE	rs1065853	GT
ZNF653	rs56322906	GG
MAU2	rs58542926	CT
LPL	rs7816447	TT
ABCA1	rs2740488	AA
TAGLN	rs12970	GG
SMARCA4	rs142158911	AG
HLA-DQA1	rs9273453	CC
ALDH1A2	rs261290	TC
FADS1	rs174564	GA
ADAM10	rs633695	AG
CPNE1	rs2378390	GG
IRF2BP2	rs822928	AA
ADAM10	rs11854242	CT
MATN3	rs35633876	TG
ABCA6	rs740516	CG
PCSK9	rs34232196	TC
WASHC2C	rs11239569	CA
LIPG	rs77960347	AA
CLPTM1	rs79429216	GG
SIDT2	rs964184	CC
SIK3	rs141469619	AA
NECTIN2	rs1081105	AA

MAFB	rs1883711	GG
HMGCR	rs4704210	GG
SNX17	rs4665972	CC
NLRC5	rs247617	CC
TRIB1	rs112875651	AA
BUD23	rs34121855	GG
ABCA1	rs11789603	CC
ABO	rs115478735	AA
ABCG8	rs4299376	TT
PLG	rs3011437	TT
MICB	rs9391844	AA
DOK7	rs13108218	GG
NSMAF	rs6471717	AA
TTC39B	rs4008004	CC
RHD	rs2986164	AA
C12ORF43	rs11065358	CC

Oleic Acid

Oleic acid is the most highly consumed [monounsaturated fatty acid](#) (MUFA). Oleic acid is a non-essential fatty acid, which means that our bodies can also produce it [\[R, R\]](#).



Your Result



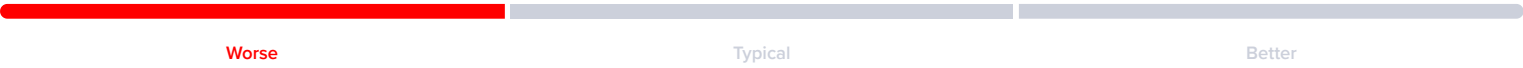
Your Gene Table

GENE	VARIANT	GENOTYPE
TMEM258	rs102275	CT
EMG1	rs12579775	GG
TRIM58	rs3811444	CC

MUFA Response

Good sources of MUFAs include olive and canola oil, avocado, nuts, and seeds. Healthy unsaturated fats may help regulate cholesterol, blood sugar, and appetite [R, R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
UCP3	rs1800849	GA
RFC4	rs17300539	GA
MGLL	rs9877819	GG
ADRB3	rs4994	AA
LPL	rs320	TT
NECTIN2	rs1064725	TT
PNPLA3	rs738409	CC
BDNF	rs6265	CC
ABCG1	rs4148102	GG
TCF7L2	rs7903146	CT
ST6GAL1	rs3774261	GA
IQCJ	rs1868414	TC
IQCJ	rs17782879	GA
PCSK5	rs1029035	TG
GCKR	rs1260326	TC
ABTB1	rs782440	TC
MED24	rs709592	TC
ACTRT3	rs12696304	GC
FAAH	rs324420	AA
PPARG	rs1801282	CC
APOE	rs429358	TT
RFC4	rs266729	CC
ANKK1	rs1800497	GG
NOS3	rs1799983	GG

FABP2	rs1799883	CC
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PUFA Response

Good sources of PUFAs include fish, flaxseed, sunflower, and grapeseed oil, and walnuts. Healthy unsaturated fats may help regulate cholesterol, blood sugar, and appetite [\[R\]](#), [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FADS2	rs174550	CT
RFC4	rs17300539	GA
MGLL	rs9877819	GG
NXPH1	rs7806226	AA
NXPH1	rs7805772	AA
ABTB1	rs555183	AA
ADRB3	rs4994	AA
LPL	rs320	TT
MYB	rs210936	AA
ABTB1	rs13076593	CC
ALDH8A1	rs11154794	TT
NECTIN2	rs1064725	TT
PNPLA3	rs738409	CC
ABCG1	rs4148102	GG
MTHFR	rs1801131	TT
TNF	rs1800629	GG
TCF7L2	rs7903146	CT
FADS2	rs174546	TC
RFC4	rs182052	GG
IQCJ	rs9827242	CT
KCNMB3	rs7645550	TC
TPRA1	rs6787155	AC
APOA1	rs670	TC
PON1	rs662	TC

IQCJ	rs61332355	CA
IQCJ	rs2044704	GC
IQCJ	rs1962071	AC
IQCJ	rs1868414	TC
PPARA	rs1800206	GC
IQCJ	rs17782879	GA
ABTB1	rs1466571	AG
IQCJ	rs1449009	AG
ADAM17	rs10495563	AG
PCSK5	rs1029035	TG
ABTB1	rs6776142	TC
MAU2	rs58542926	CT
SIDT2	rs2854116	CT
GCKR	rs1260326	TC
MED24	rs709592	TC
PSMD3	rs4065321	CT
ACTRT3	rs12696304	GC
PPARG	rs1801282	CC
FTO	rs9939609	TT
ABTB1	rs782444	TT
ABTB1	rs549662	AA
PODXL2	rs3773155	AA
RFC4	rs266729	CC
ANKK1	rs1800497	GG
NOS3	rs1799983	GG
FABP2	rs1799883	CC

EPA (Omega-3)

The body can produce EPA from alpha-linolenic acid (ALA), another type of omega-3 fatty acid found in plants. We can also get EPA directly from food sources such as oily fish, shellfish, and algae [\[R\]](#), [\[R\]](#), [\[R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
/	rs6553050	TT
MAP7	rs13191834	TT
TMEM258	rs174532	GG
COL11A1	rs11164689	TG
FADS2	rs174579	CC
MYOM1	rs949306	GG
KCNK17	rs6921231	GA
FADS1	rs2727270	TC
ADRA1A	rs558455	GG
FADS2	rs174547	CT
FADS2	rs174550	CT
FADS2	rs174546	TC
FADS2	rs1535	GA
FADS2	rs174583	TC
FADS2	rs174576	AC
TMEM258	rs174538	AG
TMEM258	rs174535	CT

FADS2	rs174577	AC
TMEM258	rs102275	CT
TMEM258	rs108499	TC
SNX17	rs4665972	CC
TSPAN31	rs2277324	GA
MAU2	rs10401969	TC
SYCP2L	rs953413	GA
/	rs2129588	CT
FADS1	rs99780	TC
/	rs11235247	GG
MACROD2	rs12481689	AA
ANKS1A	rs3800433	GG
WSB1	rs17703271	TT
PIK3C2A	rs7949405	AA
PRR11	rs2291193	AA
TMEM132D	rs265603	TG

DHA (Omega-3)

DHA is one of the most important omega-3 fatty acids. It plays crucial roles in growth, brain function, heart health, and eye health [\[R, R, R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
WDR70	rs7736605	GG
CITED2	rs10499212	GG
TNFSF10	rs11914753	CC
AHI1	rs2092556	TT
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
/	rs6553050	TT
MAP7	rs13191834	TT
TMEM258	rs174532	GG
COL11A1	rs11164689	TG
FADS2	rs174579	CC
MYOM1	rs949306	GG
KCNK17	rs6921231	GA
FADS1	rs2727270	TC
ADRA1A	rs558455	GG
FADS2	rs174547	CT
FADS2	rs174550	CT
FADS2	rs174546	TC
FADS2	rs1535	GA
FADS2	rs174583	TC
FADS2	rs174576	AC
TMEM258	rs174538	AG
TMEM258	rs174535	CT

FADS2	rs174577	AC
TMEM258	rs102275	CT
TMEM258	rs108499	TC
SNX17	rs4665972	CC
TSPAN31	rs2277324	GA
MAU2	rs10401969	TC
SYCP2L	rs953413	GA
/	rs2129588	CT
FADS1	rs99780	TC
/	rs11235247	GG
MACROD2	rs12481689	AA
ANKS1A	rs3800433	GG
WSB1	rs17703271	TT
PIK3C2A	rs7949405	AA
PRR11	rs2291193	AA
TMEM132D	rs265603	TG

ALA (Omega-3)

[Alpha-linolenic acid](#) (ALA) is an essential omega-3 fatty acid. It is necessary for our health, but our bodies can't produce it. We need to get it from food. ALA helps make fatty acids [eicosapentaenoic acid \(EPA\)](#), and [docosahexaenoic acid \(DHA\)](#). EPA and DHA play important roles in inflammation reduction, eye and brain health, and nervous system development [[R](#), [R](#)].



Your Result



Your Gene Table

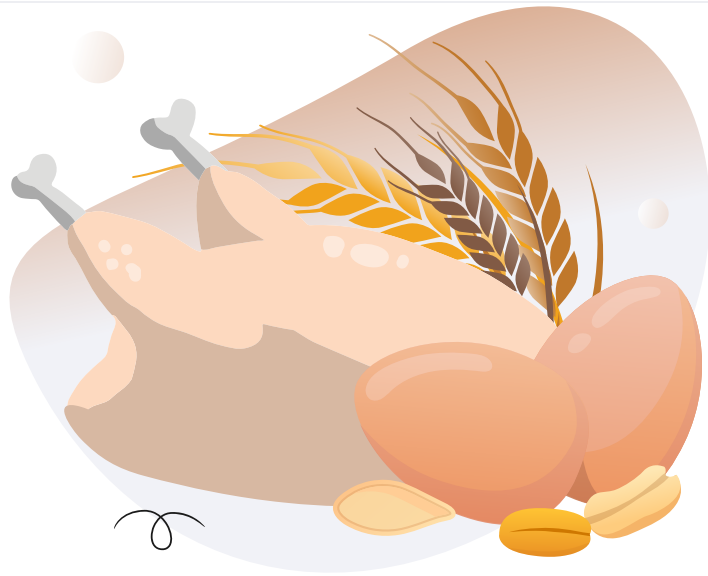
GENE	VARIANT	GENOTYPE
FADS2	rs4246215	TG
TMEM258	rs102275	CT
FADS1	rs174536	CA
FADS2	rs1535	GA
FADS2	rs174547	CT
BEST1	rs174468	AA
NPIPA1	rs4985167	CT
DAGLA	rs1692120	AG
MCM6	rs16832011	AA
HTR3E	rs4912523	GG
KLK10	rs3745536	GG
EGFR	rs884420	CC
MPDZ	rs16923093	GG
/	rs11163101	CC
EFNA5	rs624548	CC
RASA1	rs7712940	CC
CBX3	rs6960012	CC
HACE1	rs156217	TT
SV2B	rs8024092	GG
TRPM8	rs17862939	AA
TXN2	rs6000268	CC
ECE1	rs4654909	GG
PTCHD4	rs17556966	CC
RFLNA	rs7956827	CC

GADD45G	rs11265949	AA
CCND2	rs12317697	AA
/	rs16914464	TT
KCNJ2	rs12949270	CC
MARCO	rs6754877	CC
/	rs9510266	CC
CASZ1	rs4427409	CC
BHLHE41	rs11048518	GG
EIF3H	rs16888329	TT
UBE3A	rs11635669	CC
WDFY3	rs17368018	TT
THRB	rs1505303	AA
SLC9A9	rs9877770	AA
STEAP4	rs7804886	GG
GRM8	rs17864085	GG
FNBP1	rs10988538	AA

Omega-6

The most highly consumed omega-6 fatty acid is linoleic acid. Linoleic acid is essential, meaning we have to get it from our diets. Our bodies use it to produce other omega-6s such as gamma-linolenic acid (GLA) and arachidonic acid (AA) [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PLG	rs186696265	CC
ZNF653	rs56322906	GG
APOE	rs1065853	GT
GDF7	rs6547409	CC
CEACAM16	rs111278137	GG
HNF4A	rs1800961	CC
CEACAM20	rs74747585	TT
MAU2	rs58542926	CT
TMED6	rs76116020	AA
DGAT2	rs72997616	CC
ABCA1	rs2740488	AA
ALDH1A2	rs261290	TC
SMARCA4	rs142158911	AG
HLA-DQA1	rs9273453	CC
ADAM10	rs633695	AG
CPNE1	rs2378390	GG
GCKR	rs1260326	TC
IGF2R	rs80254170	AG
ADAM10	rs11854242	CT
AKR1C3	rs117488242	AG
ABCA6	rs740516	CG
PCSK9	rs34232196	TC
TTC32	rs870526	TC
LIPG	rs77960347	AA

CLPTM1	rs79429216	GG
SIDT2	rs964184	CC
NECTIN2	rs1081105	AA
MAFB	rs1883711	GG
TRIB1	rs112875651	AA
NLRC5	rs3764261	CC
BUD23	rs34121855	GG
ABCA1	rs11789603	CC
HMGCR	rs4704210	GG
ABO	rs115478735	AA
MICB	rs9391844	AA
ABCG8	rs4299376	TT
DOK7	rs13108218	GG
TTC39B	rs4008004	CC
UBE2L3	rs5754102	AA
C12ORF43	rs7970695	AA

Omega-6:Omega-3 Ratio

Humans evolved on diets with an omega-6/omega-3 ratio close to 1:1. A low omega-6/omega-3 ratio is associated with a healthy weight, a lower risk of heart disease, healthier blood vessels, and improved longevity. However, in a modern Western diet, the omega-6/omega-3 ratio can be as high as 20:1. High omega-6/omega-3 ratios may be linked to obesity, heart disease, and cancer [\[R, R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
NRG3	rs2207778	GG
ASPH	rs7812327	CC
/	rs7611558	CC
INSM1	rs11908058	GG
FADS2	rs174547	CT
GPR18	rs2390277	GA

Gamma-Linolenic Acid (GLA)

GLA is an omega-6 fatty acid that our bodies can make from linoleic acid. Most adults on a typical Western diet get enough linoleic acid from vegetable oils, nuts, and seeds [\[R, R\]](#).



Your Result

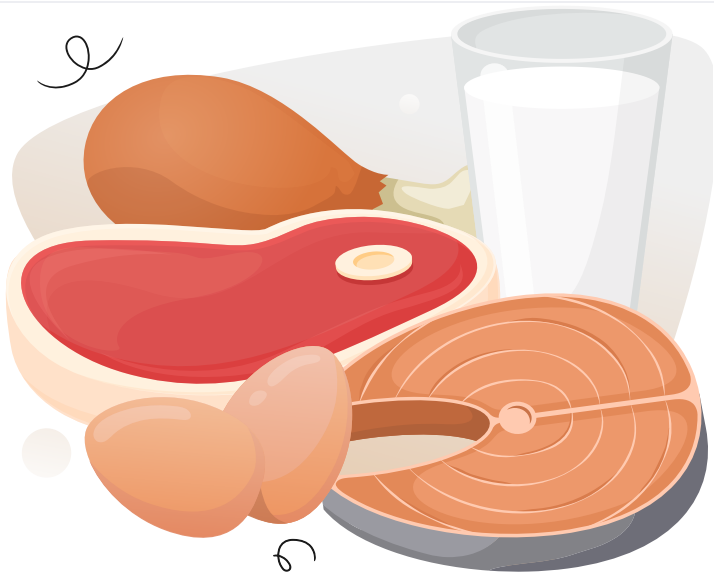


Your Gene Table

GENE	VARIANT	GENOTYPE
MYRF	rs7925523	GG
TMEM258	rs174537	TG
FADS2	rs174546	TC
SCGB2A1	rs12806663	CC
HAO1	rs2206405	AA
HES1	rs6444746	GG
SERPINB9	rs316338	GG
MAML3	rs13112683	TG
C6ORF163	rs2031365	TC
PEAK3	rs2074552	TC
SNX13	rs12535608	GG

Arachidonic Acid

[Arachidonic acid](#) (AA or ARA) is an omega-6 fatty acid. Our bodies can produce it from [linoleic acid](#) or get it from foods. AA is necessary for immune response, muscle growth, brain function, wound healing, mood control, and appetite control [[R](#), [R](#), [R](#), [R](#), [R](#)].



Your Result

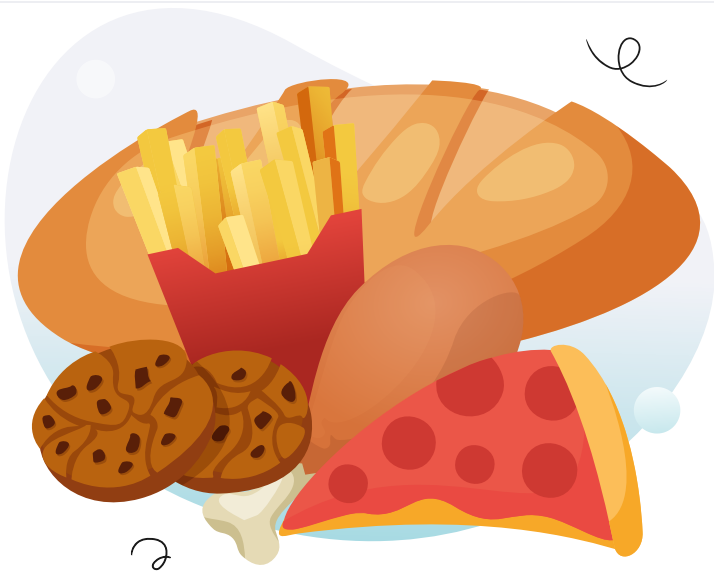


Your Gene Table

GENE	VARIANT	GENOTYPE
FADS2	rs174545	GC
TMEM258	rs174528	CT
FADS2	rs174577	AC
PAQR9	rs2581624	GC
CHST11	rs1795851	AA
PRNP	rs6133127	CC
DAB1	rs1404384	CT
CHST11	rs1882496	GA
ZNF215	rs10839732	CA
VGLL3	rs12714668	CA
DAB1	rs1539053	AG
RNPC3	rs1688589	GG
SLC22A16	rs1080261	TT
MARCKS	rs2637523	CC
MARCKS	rs9942436	CC
CCDC130	rs16979306	GG
CCDC130	rs7258177	GG

Linoleic Acid

Linoleic acid is the most highly consumed omega-6 fatty acid. It is an essential fatty acid because humans cannot produce it and should get it from food. Linoleic acid supports energy production, skin health, and heart health [R, R].



Your Result



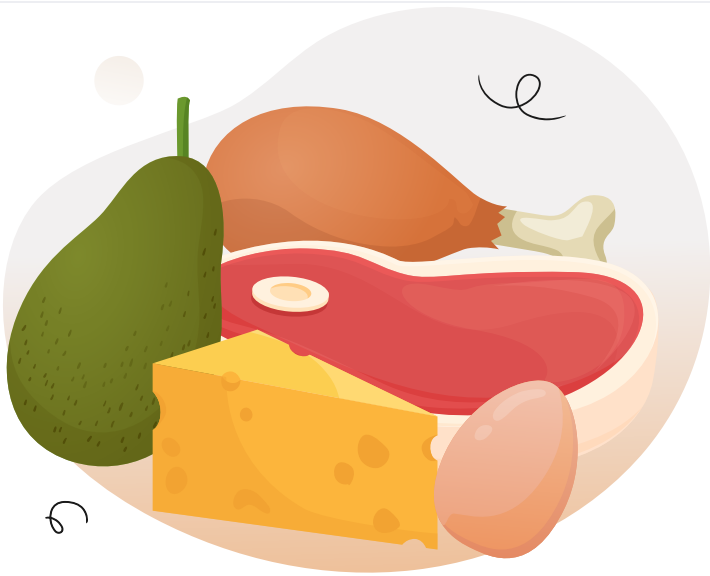
Your Gene Table

GENE	VARIANT	GENOTYPE
PLG	rs186696265	CC
APOE	rs1065853	GT
ZNF653	rs56322906	GG
MAU2	rs58542926	CT
LPL	rs7816447	TT
ABCA1	rs2740488	AA
TAGLN	rs12970	GG
SMARCA4	rs142158911	AG
HLA-DQA1	rs9273453	CC
ALDH1A2	rs261290	TC
FADS1	rs174564	GA
ADAM10	rs633695	AG
CPNE1	rs2378390	GG
IRF2BP2	rs822928	AA
ADAM10	rs11854242	CT
MATN3	rs35633876	TG
ABCA6	rs740516	CG
PCSK9	rs34232196	TC
WASHC2C	rs11239569	CA
LIPG	rs77960347	AA
CLPTM1	rs79429216	GG
SIDT2	rs964184	CC
SIK3	rs141469619	AA
NECTIN2	rs1081105	AA

MAFB	rs1883711	GG
HMGCR	rs4704210	GG
SNX17	rs4665972	CC
NLRC5	rs247617	CC
TRIB1	rs112875651	AA
BUD23	rs34121855	GG
ABCA1	rs11789603	CC
ABO	rs115478735	AA
ABCG8	rs4299376	TT
PLG	rs3011437	TT
MICB	rs9391844	AA
DOK7	rs13108218	GG
NSMAF	rs6471717	AA
TTC39B	rs4008004	CC
RHD	rs2986164	AA
C12ORF43	rs11065358	CC

Oleic Acid

Oleic acid is the most highly consumed [monounsaturated fatty acid](#) (MUFA). Oleic acid is a non-essential fatty acid, which means that our bodies can also produce it [\[R, R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TMEM258	rs102275	CT
EMG1	rs12579775	GG
TRIM58	rs3811444	CC



Food Sensitivities

Have you ever felt that certain foods like wheat or dairy make you feel sick? If so, you’re not alone! Many people suffer from food sensitivities, and there’s a genetic basis for many of them. For some people with a food sensitivity, changing the diet can make an incredible impact! We tested your genes for some of the most common food sensitivities. Read below to find out more about your results.

Gluten Sensitivity (Non-Celiac)

Predisposed to typical gluten sensitivity



Food Allergies

Typical likelihood of food allergies



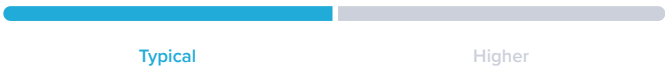
Lactose Intolerance

Likely lactose tolerant



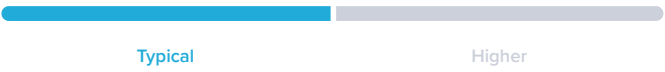
Alcohol Sensitivity

Likely typical sensitivity to alcohol



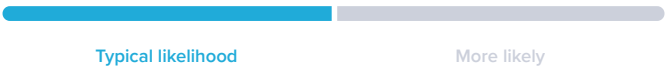
Salt Sensitivity

Likely typical sensitivity to salt



Histamine Intolerance

Typical likelihood of histamine intolerance



Caffeine Sensitivity

Predisposed to typical caffeine sensitivity



Egg Allergy

Typical likelihood of an egg allergy



Oxalate Sensitivity

Likely typical “oxalate sensitivity”



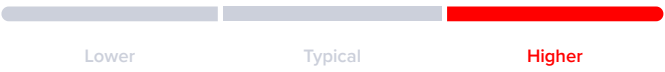
Dairy Sensitivity (Casein)

Likely typical sensitivity to dairy



Salicylate Sensitivity

Likely higher salicylate sensitivity



Shrimp Allergy

Less likely to have shrimp allergy



Milk Allergy

Typical likelihood of a milk allergy



Peanut Allergy

Typical likelihood of having peanut allergy



Gluten Sensitivity (Non-Celiac)

Gluten is a protein found in some common grains and their products like wheat, rye, and barley. Common foods with gluten include pasta, flour, crackers, pastries, and bread. In people with gluten sensitivity, gluten consumption causes digestive issues and other adverse effects. They may need to follow a strict gluten-free diet [\[R\]](#), [\[R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
HLA-DQB1	rs3135350	TT

Food Allergies

Food allergies are reactions that occur when eating a food that is normally harmless. Reactions can range from annoying to life-threatening. Common reactions include flushing, itching, and stomach upset. Common food allergies are allergies to peanuts, seafood, milk, and eggs [\[R, R\]](#).

Your Result

Typical Likelihood

More Likely

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have typical sensitivity to common food allergens, such as peanuts, seafood, milk, and eggs. You are less likely to have digestive, respiratory, and other symptoms after consuming these foods.

Feel free to continue enjoying these foods if they are not causing you unpleasant symptoms. **If you still suspect that you may have food allergies, let your doctor know.**



Your Gene Table

GENE	VARIANT	GENOTYPE
SERPINB10	rs1243064	AA
RBFOX1	rs59325236	AG
SERPINB10	rs12964116	GA
LRRC32	rs7936434	GC
BMPR1B	rs17023017	TG
SLC22A5	rs2243250	CC
TLR1	rs2101521	GG
LRRC32	rs2212434	CT
FHIT	rs142617341	CC
GSTP1	rs1871042	CC
IQCE	rs1036504	TC
FLG	rs1933064	AG
STAT6	rs4759044	CT
TMEM243	rs6942407	GA
HLA-DPA1	rs9277630	CC
SPINK6	rs9325071	AA
LINGO4	rs12123821	CC
HLA-DQA1	rs2187668	CC
HLA-DQA2	rs9271588	CT
KIZ	rs17664036	TT
HLA-DQA2	rs9275596	TT
HLA-DRA	rs7192	GG
SLC22A5	rs1295686	CC
GVQW3	rs11236809	TT

DIPK2A	rs115529815	TT
TSC22D1	rs147507729	AA
DIPK2A	rs147539730	TT
CTSO	rs147666089	CC
DIPK2A	rs187491414	GG
OR52I2	rs145735233	AA
SREK1IP1	rs72756857	TT
NRSN1	rs77470907	GG
CFAP300	rs149958938	TT
/	rs146702717	TT
RCHY1	rs138784094	AA
ENPP6	rs139241737	AA
RPRD2	rs191802974	GG
/	rs572847817	AA
FLG	rs61816761	GG
IL19	rs1800872	GG
STAT6	rs12307379	CC
STAT6	rs324015	CC
MS4A2	rs556917	TT

Lactose Intolerance

Lactose intolerance means a person cannot digest lactose, a sugar found in dairy. To be able to digest lactose, you need an enzyme called lactase. We produce less and less of this enzyme as we age. Lactase production also depends on genetics [\[R\]](#), [\[R\]](#).



Your Result

Likely Tolerant

Likely Intolerant

PERSONALIZED TO YOUR GENES

Based on the variant we looked at, your lactase gene may be “turned on.” You are likely to be able to digest milk as an adult. However, lactose is not the only issue. People can be sensitive to proteins in milk, such as casein.

Continue to enjoy dairy in moderation if it’s not causing you digestive issues.

Your Gene Table

GENE	VARIANT	GENOTYPE
LCT	rs4988235	AG

Alcohol Sensitivity

In people who are sensitive to alcohol, alcohol breakdown is inefficient and causes the buildup of a toxic compound called acetaldehyde. Symptoms of alcohol sensitivity include flushing, nausea, headache, and fast heart rate [R, R].



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have typical sensitivity to alcohol. This means you are unlikely to experience symptoms after having a single drink.

If you drink alcohol, you should still **consider limiting its intake** to support overall health.

Your Gene Table

GENE	VARIANT	GENOTYPE
ALDH2	rs671	GG
ADH1B	rs1229984	CC

Salt Sensitivity

People who are salt sensitive will experience a bump in blood pressure when they eat salty foods. This happens because their kidneys function a bit differently. It is partially due to genetics, but can also be linked to other factors, such as age, diet, and chronic health conditions [R, R, R].



Your Result

Typical

Higher

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical sensitivity to salt. Salty foods may have a moderate effect on your blood pressure.

Continue to enjoy salt in moderation if you don’t have high blood pressure. You should still try to limit your salt intake to one teaspoon per day.

Your Gene Table

GENE	VARIANT	GENOTYPE
NR2F2	rs2398162	AA
SGK1	rs9389154	GG
RAD52	rs2301880	CC
FGF5	rs16998073	AA
WNK1	rs12828016	GG
SLC8A1	rs11893826	AA
BCAT1	rs7961152	CA
ACE2	rs714205	CG
ACE	rs4343	GA
ACE2	rs2285666	CT
GSKIP	rs11847625	CG
AGT	rs699	AG
SGK1	rs9376026	CT
PRKG1	rs7905063	CT
PRKG1	rs7897633	CA
SLC4A5	rs7571842	AG
SCNN1G	rs4299163	GG
GC	rs4254735	TT
CLGN	rs2567241	CC
CSTF2T	rs12414562	GA
CSTF2T	rs10997916	AG
SLC4A5	rs10177833	AC
KL	rs9536314	TG
SCNN1G	rs7404408	TC

SCNN1G	rs5735	CT
SCNN1A	rs4764586	AC
SCNN1G	rs4073930	CT
SCNN1G	rs4073291	CA
TNFRSF1A	rs11614164	AG
RENBP	rs78377269	GG
SLC24A3	rs3790261	AA
POC1B	rs2681472	AA
RAD52	rs880054	TT
CPA3	rs75367686	AA
SLC8A1	rs434082	CC
HYAL1	rs10510755	CC
ADRB2	rs1042714	CC
SLC4A4	rs10022637	TT
SCNN1G	rs4499238	CC
SCNN1A	rs3741914	CC

Histamine Intolerance

Histamine-rich foods include certain fish, fermented foods, processed meats, and some fruits and vegetables. Frying food increases its histamine levels. People with histamine intolerance may have digestive issues and other uncomfortable symptoms after eating foods containing histamine [\[R, R, R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
AOC1	rs2071514	GG
AOC1	rs1049793	GC
AOC1	rs1049748	CT
AOC1	rs2071517	AG
HNMT	rs1050891	AA
HNMT	rs2071048	CT
AOC1	rs10156191	CC
AOC1	rs2268999	AA
AOC1	rs2052129	GG
HNMT	rs11558538	CC
AOC1	rs1049742	CC

Caffeine Sensitivity

Some people can't break down caffeine well. They may experience increases in blood pressure or unpleasant symptoms after drinking coffee. These symptoms can include feeling jittery, difficulty sleeping, headaches, and muscle twitches [R, R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
ADORA2A	rs5751876	TT
NAT2	rs1495741	AA
AHR	rs4410790	TC
COMT	rs4680	AG
CYP1A2	rs762551	AA

Egg Allergy

Egg allergies are relatively common, especially in children, and can be very severe. Along with cow’s milk allergies, they are the most common allergies in infants. Luckily, the allergy often fades with age [\[R\]](#), [\[R\]](#).



Your Result



Your Gene Table

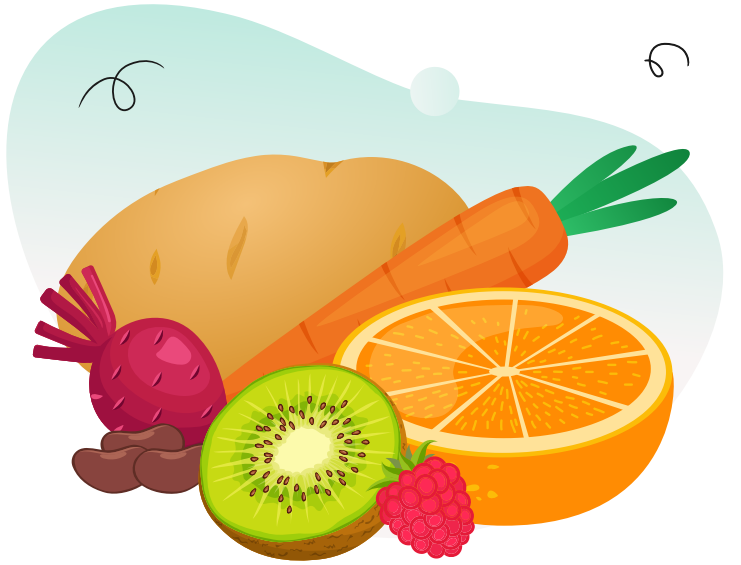
GENE	VARIANT	GENOTYPE
SERPINB10	rs1243064	AA
BMPR1B	rs17023017	TG
SERPINB10	rs12964116	GA
LRRC32	rs2212434	CT
/	rs150212674	TT
LPIN2	rs28794896	GG
SLC35F2	rs79590713	GG
ARHGAP32	rs76670383	CC
GNB5	rs80015591	TT
/	rs16833316	TT
RBFOX1	rs11866945	AA
HSPA13	rs76914408	TT
ADAMTS8	rs12807953	GG
XXYLT1	rs62292087	GG
CSGALNACT1	rs11779828	TT
IRX2	rs1661109	TT
MICAL2	rs11022268	TC
BMP2	rs6085822	AT
LRIG3	rs61919216	CG
LINGO4	rs12123821	CC
ID4	rs114735690	GG
SCAP	rs62263577	TT
PRKD1	rs61978360	AA
PREX1	rs144694238	GG

H2BC15	rs113469268	CC
STEAP4	rs34386075	AA
CNR1	rs150335804	GG
OVCH1	rs61918685	TT
/	rs34829411	GG
IZUMO3	rs637658	GG
/	rs59111564	GG
SHQ1	rs77166467	AA
DLG1	rs192390521	TT
FAM20C	rs73038923	CC
NUCB1	rs78120516	TT
/	rs74612506	AA
EMB	rs71631481	TT
TRPS1	rs117255960	AA
CMTM7	rs9810960	AA

Oxalate Sensitivity

People who get kidney stones tend to absorb more oxalate from food. This may lead to higher oxalate in the urine and formation of calcium oxalate—the most common type of kidney stones [\[R\]](#), [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
SCNN1B	rs889299	GG
DGKH	rs4142110	TC
CYP24A1	rs17216707	CT
GNAZ	rs13054904	AT
SOX9	rs4793434	GC
SPP1	rs2853744	GG
RGS14	rs56235845	GG
RGS14	rs10051765	CC
PDILT	rs77924615	GA
CLDN14	rs219780	TC
DGKD	rs838717	GG
WDR72	rs578595	CC
ALPL	rs6703976	TC
CHAF1B	rs2776288	GA
RGS14	rs12654812	AG
DGKH	rs1037271	TC
HIBADH	rs7790498	AG
ALPL	rs10917002	TC
TBX2	rs1010269	GA
HIBADH	rs12539707	TC
DGKD	rs13003198	TC
GCKR	rs780093	TC
POU2AF1	rs4529910	TG
PTGER1	rs3760702	AG

PKD2	rs9138	AA
SPP1	rs1126616	CC
KCNK5	rs1155347	TT
SLC22A2	rs28495851	AA
SLC22A2	rs77648599	TT
RAP1GAP	rs1256328	CC
AQP1	rs12666466	CC
RAP1GAP	rs1256332	CC
CSTA	rs7627468	GG
DGKH	rs1170174	GG
MORC3	rs12626330	CC
PKD2	rs1481012	AA

Dairy Sensitivity (Casein)

In the case of dairy sensitivity, a person’s immune system attacks casein, the main protein found in cow’s milk. Dairy sensitivity is not lactose intolerance. People sensitive to dairy don’t tolerate lactose-free dairy either. Dairy sensitivity is not dairy (milk) allergy. People with an allergy usually have more severe symptoms that occur shortly after consuming dairy. Also, different antibodies seem to play a role in food sensitivities (IgG) and food allergies (IgE) [\[R\]](#), [\[R\]](#).



Your Result



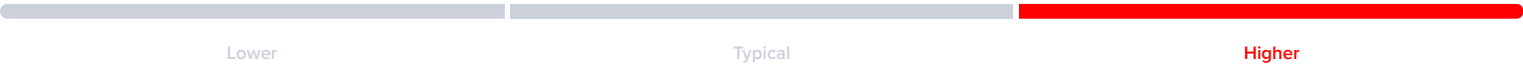
Your Gene Table

GENE	VARIANT	GENOTYPE
ST8SIA2	rs11635085	GT

Salicylate Sensitivity

Salicylates are a group of chemicals containing salicylic acid. Salicylates are usually anti-inflammatory. However, in people with [salicylate sensitivity](#), they can cause inflammation and unpleasant symptoms [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TSC1	rs1073123	AA
AKR1E2	rs10904321	TT
DCDC2	rs870601	TT
DCDC2	rs12055879	CC
RGS5	rs6691127	TT
HLA-DPB1	rs2281389	AG
PARVG	rs13057050	AG
HLA-DPB1	rs1042151	AG
CCL1	rs16969807	GA
CCL1	rs17661177	AG
TBKBP1	rs4794067	CT
AKR1E2	rs10904326	CT
DCAF4	rs12432987	CA
DCAF4	rs3742829	TC
AK8	rs2771994	TC
AK8	rs1050700	CT
SDHC	rs4657015	AG
RGS5	rs4409627	TC
NAV3	rs1402314	GA
ADRB2	rs1042713	AG
PDZD2	rs4867084	AG
DCBLD2	rs828616	AG
CENPN	rs9923415	AA
TLR4	rs7852394	CC

CLDN1	rs6809685	AA
KRT6B	rs4761880	CC
KRT6B	rs11170121	TT
CLDN1	rs4571226	GG
GFI1B	rs7874234	CC
RAG2	rs7129384	CC
CELF4	rs930026	CC
ATP10B	rs13180419	AA
MFSD6	rs2286896	TT
DCDC2	rs3789224	GG
DNAJC15	rs9533399	AA
NRP2	rs849530	AA
MEIS1	rs12619205	AA
CEP68	rs7572857	GG
TMEM30A	rs9360910	TT
CEP68	rs6741255	TT

Shrimp Allergy

Shrimp allergy is an immune response to proteins found in shrimp. When someone is allergic to shrimp, their immune system mistakenly identifies the shrimp proteins as harmful invaders and responds accordingly. Shrimp allergy is pretty common, affecting about 6.6 million people (children and adults) in the US. Some of them are also allergic to other types of shellfish (e.g., crabs, lobster) [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TAF A5	rs133693	AA
HLA-DRB5	rs3021304	GC
FGF1	rs34019	TC
HLA-DQB1	rs2856718	TC
/	rs59110815	CC
/	rs112512531	CC
/	rs112245362	GG
TSBP1	rs114365500	AA
TSBP1	rs117850564	GG
NOTCH4	rs74753673	CC
TNXB	rs117040717	TT
HLA-DRA	rs12175332	CC
HLA-DQB1	rs7754496	AA
HLA-DQB1	rs112032264	GG
HLA-DQB1	rs149005483	AA
TNXB	rs58478632	GG
C4B	rs561150837	GG
HLA-DQA2	rs6415128	AA
ATF6B	rs4959087	GG
TNXB	rs2075565	CC
/	rs17204659	CC
/	rs373001675	GG
MICA	rs34682804	CC
HLA-DRB5	rs58103245	CC

HLA-DRB5	rs3817979	GG
/	rs142132506	AA
HLA-DRB5	rs118131405	GG
HLA-DRB5	rs117886263	AA
POU5F1	rs7766461	CC
/	rs80354461	TT
/	rs556317932	AA
HLA-DQA2	rs9275511	AA
HLA-DRB5	rs9380293	CC
TNXB	rs1559870	AA
TNXB	rs491870	TT

Milk Allergy

A milk allergy is an immune reaction to the proteins found in milk. Though often confused for it, a milk allergy is not the same as lactose intolerance, which is the inability to digest the sugar lactose [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
WIP12	rs7785898	CC
FGF20	rs113085402	GC
OBI1	rs78704643	GA
C11ORF53	rs77069377	GA
LINGO4	rs12123821	CC
SDCCAG8	rs77406868	TT
ATP13A3	rs77555516	TT
ELAVL2	rs117857923	GG
ZBP1	rs73302904	TT
SHPK	rs62069957	TT
ID4	rs114735690	GG
GALNT15	rs1454770	CC
EN1	rs78168645	TT
ITGB1	rs4553317	AA
PSG11	rs10411127	TT
ZNF589	rs62260855	TT
PKD1	rs41286699	TT
FHIT	rs138773492	GG
SLC9A9	rs114172620	GG
SMARCA2	rs79984518	AA
NRXN3	rs72688934	CC
RDH10	rs72670023	GG
MYOCD	rs72811234	CC
SYTL2	rs11234460	AA

ZNF160	rs57098159	CC
C16ORF72	rs12103238	AA
MYT1L	rs73908987	GG
/	rs9598764	CC
PIGN	rs12953421	TT
ZNF469	rs74740294	CC
SERGEF	rs72873810	AA
RPS6KA2	rs140491395	TT
RNF213	rs112612767	TT
PRR20G	rs62263995	GG
MYT1L	rs112252992	AA
OPRK1	rs60583234	TT
BOD1L1	rs79824993	CC
/	rs2324402	CC
ADAM12	rs868366	GG
IFI16	rs113561489	GG

Peanut Allergy

Peanut allergy is an immune response to proteins found in peanuts. When someone is allergic to peanuts, their immune system mistakenly identifies the peanut proteins as harmful invaders. This can cause a range of symptoms, from mild to life-threatening [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
SERPINB10	rs1243064	AA
SERPINB10	rs12964116	GA
RBFOX1	rs59325236	AG
BMPR1B	rs17023017	TG
LRRC32	rs2212434	CT
/	rs150212674	TT
LPIN2	rs28794896	GG
SLC35F2	rs79590713	GG
GNB5	rs80015591	TT
ARHGAP32	rs76670383	CC
LRRC32	rs2155219	GT
TSLP	rs1438673	TC
IL2RA	rs61839660	CT
STAT6	rs3024971	TG
PTGER4	rs7720838	GT
HLA-DQA1	rs6906021	TC
LPP	rs9865818	AG
IL1RL1	rs950880	AC
HLA-DQA2	rs9275596	TT
HLA-DRA	rs7192	GG
KIZ	rs17664036	TT
HLA-DQA1	rs9273440	CC
LINGO4	rs12123821	CC
HLA-DPA1	rs9277630	CC

SPINK6	rs9325071	AA
HLA-DQA2	rs9271588	CT
ID4	rs114735690	GG
CCR7	rs112401631	TT
KIAA1109	rs17454584	AA
IL33	rs144829310	GG



Vitamins

Vitamins are a group of nutrients that your body needs in relatively small amounts to maintain health. Vitamins are essential nutrients, meaning that we can't make them in our bodies in sufficient amounts. Thus, we need to get all the vitamins from our diet. Some people are genetically inclined to need a little more of a certain vitamin than others—that's why we created this section! Read below to learn how your genes may be affecting your vitamin needs.

Vitamin K
Likely typical vitamin K need

Typical needIncreased need

Vitamin E
Likely typical need for vitamin E

Typical NeedIncreased Need

Vitamin A
Likely typical need for vitamin A

Typical NeedIncreased Need

Vitamin C
Likely typical need for vitamin C

Typical needIncreased need

Riboflavin (Vitamin B2)
Likely typical need for riboflavin

Typical needIncreased need

Folate (Vitamin B9)
Likely typical need for folate

Typical NeedIncreased Need

Vitamin B12
Likely typical need for vitamin B12

Typical needIncreased need

Vitamin D
Likely typical need for vitamin D

Increased needTypical need

Beta-Carotene
Predisposed to lower beta-carotene levels

Lower levelsTypical levelsHigher levels

Niacinamide (Vitamin B3)
Likely typical niacinamide needs

Increased NeedTypical need

Thiamine (Vitamin B1)
Likely typical need for thiamine

Typical needIncreased need

Biotin
Likely typical need for biotin

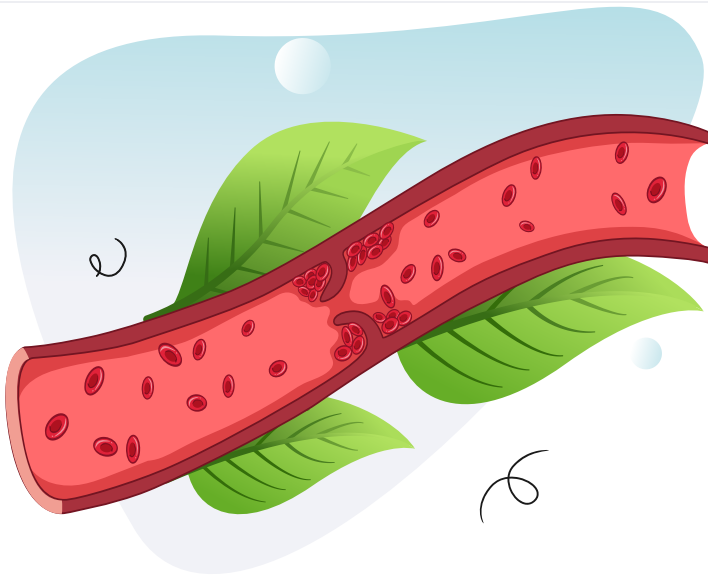
typical needIncreased need

Vitamin B6 (Pyridoxine)
Likely typical need for vitamin B6

Typical NeedIncreased Need

Vitamin K

[Vitamin K](#) is essential for blood clotting and bone health. Good sources of vitamin K include leafy greens, soy products, carrots, and pumpkin. People on certain blood thinners (warfarin) should maintain a steady vitamin K intake due to potential interactions [\[R\]](#)



Your Result



 PERSONALIZED TO YOUR GENES

Based on the gene variants that we looked at, you may have a typical need for vitamin K. Try to get the recommended daily amount of 120 micrograms. Discuss your vitamin K intake with your doctor if you are taking blood thinners.

Your Gene Table

GENE	VARIANT	GENOTYPE
SIDT2	rs964184	CC
CTNNA2	rs4852146	TT
CYP4F2	rs2108622	CC
CYP4F11	rs12609820	TT
/	rs2192574	TC
ATG12	rs6862909	GG
CDO1	rs6862071	AA
CDO1	rs4122275	GG
KCNK9	rs4645543	CC
KCNK9	rs2199565	GG
KCNK9	rs7018214	TT

Vitamin E

Vitamin E is the name given to a group of antioxidant nutrients. There are eight forms of vitamin E. This vitamin is a crucial antioxidant and helps with immune function [R].



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin E.

Try to aim for the recommended daily amount of vitamin E. For most adults, that’s **15 mg** of vitamin E per day [R].

Your Gene Table

GENE	VARIANT	GENOTYPE
PAFAH1B2	rs12272004	CC
SIDT2	rs964184	CC
CYP4F2	rs2108622	CC
SCARB1	rs11057830	AG
F5	rs6025	CT

Vitamin A

Vitamin A is a nutrient important for vision, immunity, gut health, and skin health. Animal foods like beef liver, fish, and cheese contain active vitamin A. Plant foods like sweet potatoes, pumpkin, and carrots contain provitamin A, which our bodies turn into vitamin A [\[R\]](#), [\[R\]](#).



Your Result

Typical Need

Increased Need

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin A.

Try to aim for the recommended daily amount of vitamin A. For most adults, that’s 900 mcg of vitamin A per day [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
BCO1	rs12934922	TT
C16ORF46	rs6564851	TT
BCO1	rs4889294	CC
BCO1	rs7501331	CC
FFAR4	rs10882272	TT
C16ORF46	rs11645428	GG

Vitamin C

Vitamin C, or ascorbic acid, is an antioxidant that helps reduce oxidative stress. It also helps make collagen, a protein that builds connective tissue. Vitamin C is important for immune function, heart and lung health, and wound healing [R, R].



Your Result

Typical need

Increased need

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin C.

Try to aim for the recommended daily amount of vitamin C. For most adults, that’s **90 mg** of vitamin C per day (125 mg/day for smokers) [R].

Your Gene Table

GENE	VARIANT	GENOTYPE
GSTO2	rs156697	GA
SLC23A1	rs4257763	AG
MAF	rs56738967	GG
LTA4H	rs117885456	GA
TBX2	rs9895661	TC
SYCP3	rs2559850	AG
AKT1	rs10136000	GA
GSTA1	rs7740812	GT
FADS2	rs174547	CT
SLC23A1	rs33972313	CC
GLB1L	rs13028225	TT
RER1	rs6693447	TT
RGS14	rs10051765	CC

Riboflavin (Vitamin B2)

Riboflavin (vitamin B2) helps our cells create energy. It's also important for growth and development, nervous system function, and skin and eye health [R, R].



Your Result

Typical need

Increased need

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for riboflavin.

Try to aim for the recommended daily amount of riboflavin. For most adults, that's **1.3 mg** of riboflavin per day [R].

Your Gene Table

GENE	VARIANT	GENOTYPE
MTHFR	rs1801133	GA
MTRR	rs1801394	AG
MTHFR	rs1801131	TT

Folate (Vitamin B9)

Vitamin B9, also known as folate or folic acid, is an essential nutrient. It helps protect DNA from damage, support heart and brain health, and make red blood cells. Folate is vital for a healthy pregnancy [R, R].



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for folate.

Try to get the recommended daily amount of folate. For most adults, that’s **400 mcg** of folate per day. You can get enough of this vitamin by eating a variety of fruits and vegetables.

Your Gene Table

GENE	VARIANT	GENOTYPE
MTHFR	rs1801133	GA

Vitamin B12

Vitamin B12, or cobalamin, is a nutrient that helps make energy, support nerve function, build DNA, and form red blood cells. Vitamin B12 is plentiful in animal products like meat, fish, eggs, and dairy. Vegetarians and vegans sometimes have difficulty getting enough vitamin B12 [\[R\]](#), [\[R\]](#).



Your Result

Typical need

Increased need

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for vitamin B12.

Try to aim for the recommended daily amount of vitamin B12. For most adults, that’s **2.4 mcg** of vitamin B12 per day [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
FUT2	rs1047781	AA
FUT5	rs3760775	GG
FUT3	rs708686	CC
ADGRE1	rs62123070	CC
MTRR	rs1801394	AG
/	rs1990193	AC
CFAP299	rs1385890	AG
ARAP2	rs142554771	CT
ABCD4	rs4148077	TC
CBS	rs234706	GA
MMAB	rs7134594	CT
FUT2	rs602662	AA
FUT2	rs601338	AA
CUBN	rs1801222	GG
TCN2	rs1801198	CC
TCN1	rs526934	AA
CUBN	rs11254363	AA
TCN1	rs34324219	CC
RGS7	rs7544372	TT
FUT2	rs516246	TT
/	rs1513859	AA
FAM240C	rs12478296	CC
SLC25A2	rs3749779	AA
FO XK1	rs314590	AA

LAMA4	rs76190642	GG
CHODL	rs34988353	AA
LAMA4	rs144505878	GG
C1QL3	rs79770840	GG
RGS18	rs114973754	CC
ADGRL3	rs545255284	TT
C16ORF82	rs139645308	CC
POU3F3	rs188141458	GG
KCNK2	rs72761546	TT
KCNK2	rs189754522	AA
PCSK2	rs141477158	GG
TMEM179	rs79885401	CC
LRRC6	rs117429467	AA
STT3B	rs188968123	AA
SPATA18	rs142766122	CC
SRRM4	rs73215576	CC
MICA	rs556990455	GG
CADM2	rs188586547	AA
CENPF	rs72759663	GG
SMYD3	rs148487271	TT
HSPB7	rs144839376	AA
AKAIN1	rs7239302	CC
ST8SIA6	rs188363440	AA
DACT1	rs118119041	GG
MMUT	rs9473555	GG
TCN2	rs9606756	AA

Vitamin D

You get vitamin D by absorbing sunlight through your skin and by eating foods rich in vitamin D. Vitamin D is important for strong bones, mood, immunity, and heart health [R].

Your Result

Increased need

Typical need

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have a typical need for vitamin D.

Try to aim for the recommended daily amount of vitamin D. For most adults, that’s **600 IU** of vitamin D per day.



Your Gene Table

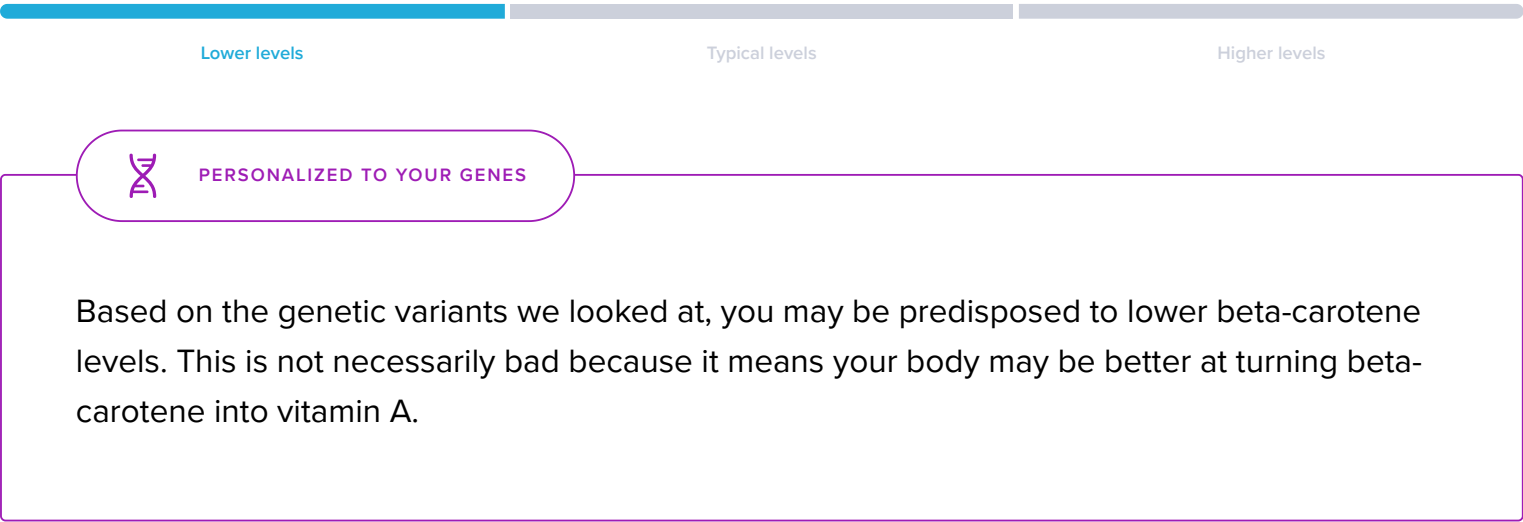
GENE	VARIANT	GENOTYPE
COPB1	rs2060793	GA
GC	rs7041	AC
COPB1	rs12794714	AG
/	rs189918701	GG
COPB1	rs10832289	TA
/	rs558560635	GG
COPB1	rs10741657	GA
/	rs375984409	GG
VDR	rs731236	AA
COPB1	rs117913124	GG
GC	rs11723621	AA
RRAS2	rs117206369	TT
/	rs201561609	TT
GC	rs222026	AT
PDE3B	rs201501563	TC
GC	rs2282679	TT
CYP1B1	rs1800440	TT
VDR	rs2228570	GG
VDR	rs1544410	CC
GC	rs113938679	GG
CYP2R1	rs117576073	GG
/	rs561089663	GG
PSMA1	rs577185477	TT
/	rs557657187	GG

NADSYN1	rs12785878	TT
GC	rs565277381	TT
/	rs567415847	GG
GC	rs4588	GG
/	rs529640451	CC
NADSYN1	rs536006581	AA
COPB1	rs148514005	CC
ADH1B	rs1229984	CC
PDE3B	rs188480917	CC
GC	rs3775150	TT
NPFFR2	rs143106299	AA

Beta-Carotene

[Beta-carotene](#) is a plant-derived pigment (carotenoid). It's a precursor of [vitamin A](#) (retinol), meaning that the body can convert beta-carotene into this vitamin [\[R\]](#).

Your Result

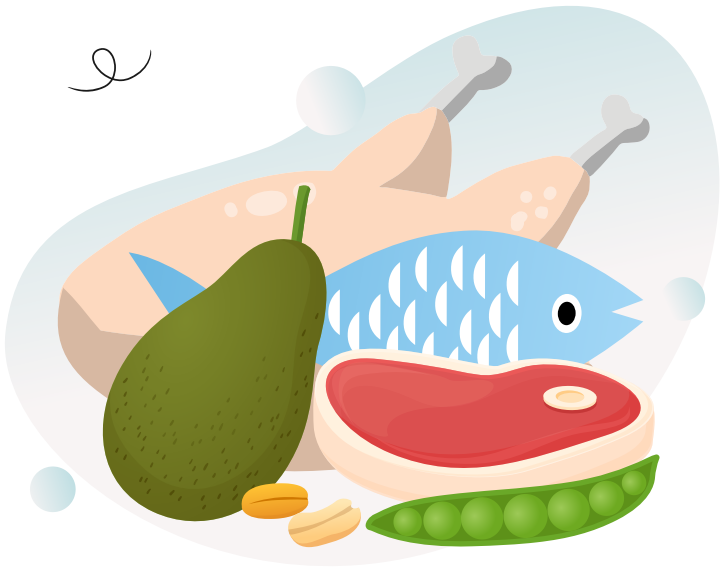


Your Gene Table

GENE	VARIANT	GENOTYPE
BCO1	rs7501331	CC
C16ORF46	rs8044334	TT
C16ORF46	rs6564851	TT
BCO1	rs6420424	GG
PTPRT	rs6513787	AC
BCO1	rs12934922	TT
C16ORF46	rs11645428	GG

Niacinamide (Vitamin B3)

[Niacinamide](#) is one of two forms of vitamin B3 ([niacin](#)), the other one being nicotinic acid. Vitamin B3 supports your nervous system, skin, gut, and more [\[R\]](#).



Your Result



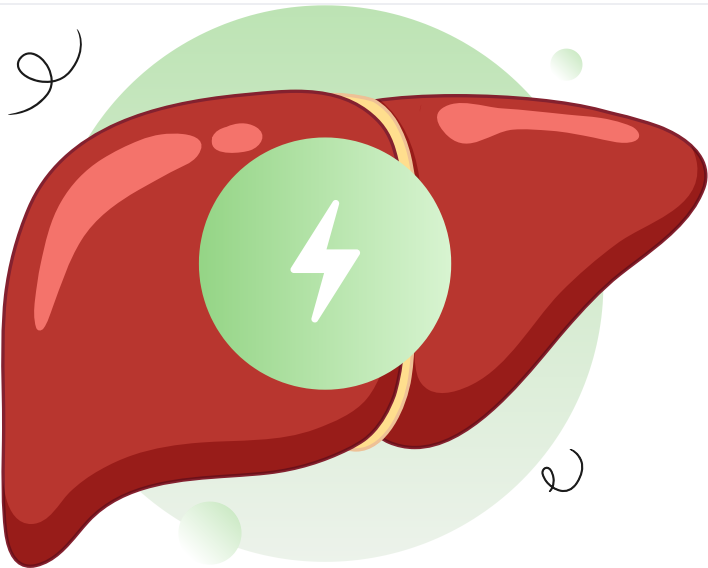
Your Gene Table

GENE	VARIANT	GENOTYPE
SEPTIN8	rs13354173	CC
SLITRK1	rs181673553	AA

Thiamine (Vitamin B1)

[Thiamine](#) (vitamin B1) is an essential nutrient. Our body needs it for energy production from nutrient breakdown. It supports heart, eye, and brain function [\[R\]](#).

Your Result

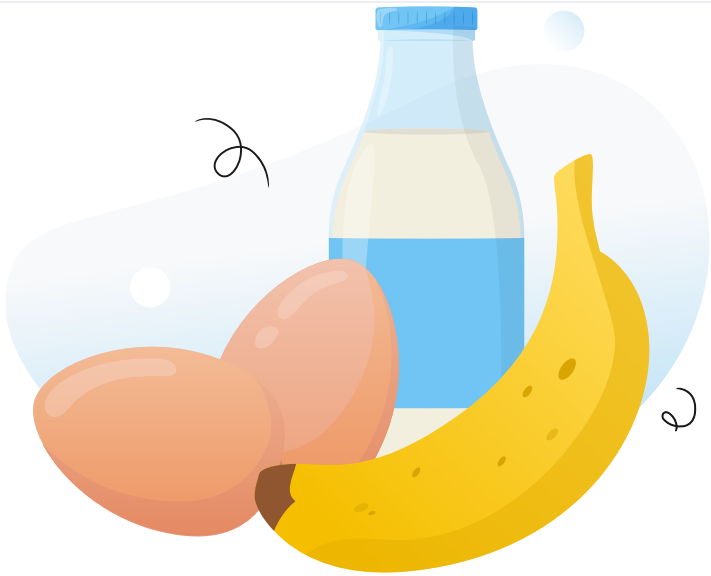


Your Gene Table

GENE	VARIANT	GENOTYPE
SLC35F3	rs17514104	CT

Biotin

[Biotin](#) (vitamin B7) helps break down substances like fats and carbs. It helps support hair, nail, and skin health [\[R\]](#), [\[R\]](#).



Your Result

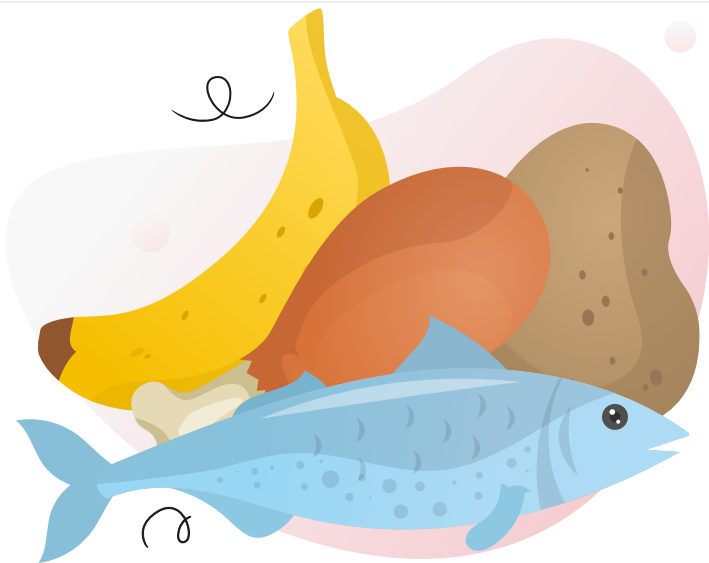


Your Gene Table

GENE	VARIANT	GENOTYPE
BTD	rs34885143	GG
BTD	rs13078881	GG
ANKRD28	rs71627145	AA

Vitamin B6 (Pyridoxine)

Vitamin B6, or pyridoxine, is important for nervous and immune system health. It also supports brain development. Vitamin B6 is found in a variety of foods, and deficiency is uncommon [\[R\]](#), [\[R\]](#).



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin B6.

Try to aim for the recommended daily amount of vitamin B6. For most adults, that’s **1.3 mg** of vitamin B6 per day [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
NBPF3	rs4654748	CT
NBPF3	rs1697421	CT
ALPL	rs1256341	TC
CBS	rs234706	GA
ALPL	rs1256335	GA
MTHFR	rs1801133	GA
PDXK	rs2010795	GG
PDXK	rs147242481	GG
ALPL	rs1772719	AA



Minerals

Minerals are elements that our bodies need to survive and thrive. Minerals are essential nutrients, which means we must get them from our diet. However, people may have higher needs for certain minerals based on their genes. The four most important minerals that humans need are listed below. Some people may need more of a certain mineral due to genetics. In such cases, getting more of that mineral may help!

Selenium

Likely increased need for selenium

Typical Need

Increased Need

Potassium

Likely typical need for potassium

Increased need

Typical need

Zinc

Likely typical need for zinc

Typical Need

Increased Need

Magnesium

Likely typical need for magnesium

Increased need

Typical need

Calcium

Likely increased need for calcium

Typical Need

Increased Need

Iron

Likely typical need for iron

Typical need

Increased need

Iodine

Likely increased need for iodine

Typical need

Increased need

Sodium

Predisposed to typical sodium levels

Typical levels

Higher levels

Manganese

Likely increased need for manganese

Increased need

Typical need

Chloride

Predisposed to typical chloride levels

Lower levels

Typical levels

Higher levels

Chromium

Likely typical need for chromium

Typical Need

Increased Need

Copper

Likely typical need for copper

Increased need

Typical need

Molybdenum

Likely typical need for molybdenum

Increased need

Typical need

Selenium

[Selenium](#) is a mineral that supports reproduction, thyroid health, antioxidant protection, and more. Adults should be getting 55 micrograms of selenium per day. Good sources include Brazil nuts, meat, fish, and eggs [\[R\]](#).



Your Result



 PERSONALIZED TO YOUR GENES

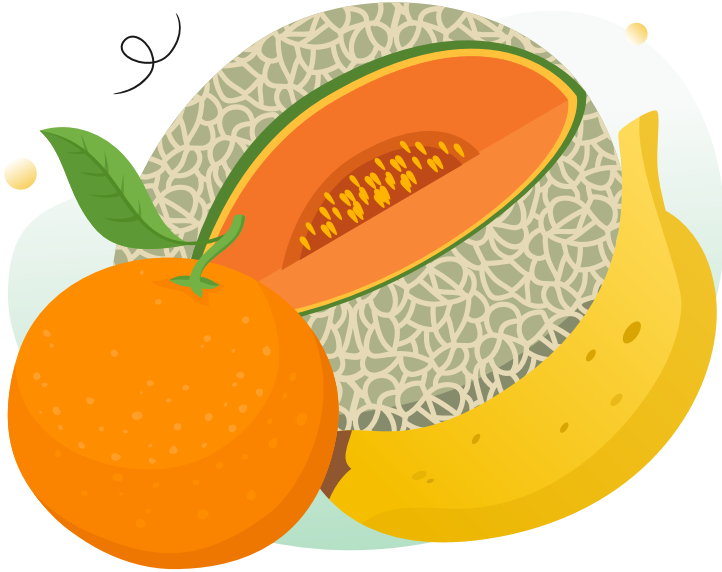
Based on the gene variants that we looked at, you likely have an increased need for selenium. You may benefit from eating more selenium-rich foods. Try to get at least the recommended daily amount of 55 micrograms.

Your Gene Table

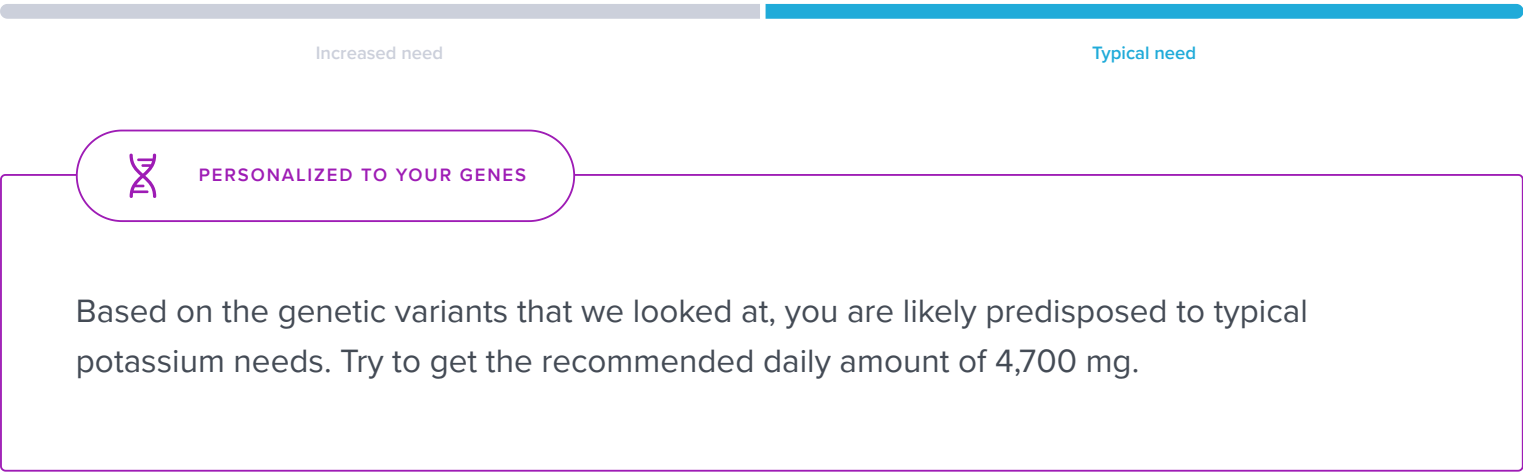
GENE	VARIANT	GENOTYPE
ARSB	rs921943	CC
BHMT	rs7700970	CC
AGA	rs1395479	CC
BHMT	rs11960388	TT
SELENOP	rs3877899	TT
GPX1	rs1050450	GG
COG1	rs891684	GG

Potassium

[Potassium](#) is an essential mineral. It supports our heart, kidneys, muscles, and more. The recommended potassium intake is 4,700 mg/day. Foods rich in this mineral include vegetables, potatoes, legumes, and dried fruits [\[R, R, R\]](#).



Your Result



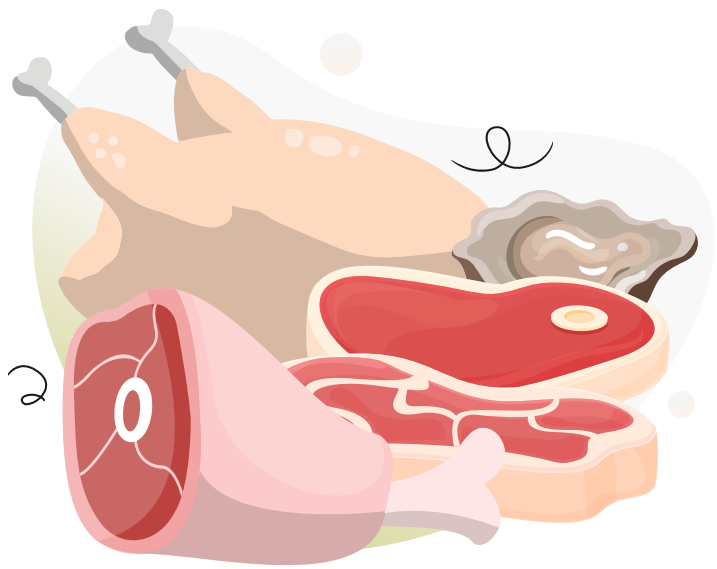
Your Gene Table

GENE	VARIANT	GENOTYPE
RGS7	rs183294212	CC
LURAP1	rs111512785	AA
PRG4	rs141261421	GG
NVL	rs78473436	AA
HMCN1	rs138057810	AA
CASQ2	rs117999962	GG
FMO2	rs184768578	AA
SSBP3	rs182561930	CC
PTPRC	rs141793725	TT
ETV3	rs75349367	GG
OLFM3	rs140864890	AA
GALNT2	rs80258856	CC
BEND5	rs139642127	GG
FYB2	rs143507390	GG
SSBP3	rs117932658	TT
RRAGC	rs144130357	CC
DMBX1	rs78451089	GG
/	rs80302144	CC
/	rs7548119	GG
RGS13	rs12071444	GG
HMCN1	rs61829629	GG
PLPP3	rs139123937	GG
PLPP3	rs12075340	AA
ATP1A1	rs10924092	GG

KCNT2	rs77824746	GG
SEC16B	rs75022918	TT
LY9	rs73017956	GG
KCNT2	rs76559586	GG
KCNT2	rs59729886	CC
PRKAA2	rs138876064	GG
PLPP3	rs146657061	GG
PRKAA2	rs184786990	GG
RNF186	rs7516526	GG
CACHD1	rs185466715	AA
GNAI3	rs76531483	GG
C1ORF174	rs74643023	GG
MTARC1	rs3849284	GG
LRRC52	rs17471444	TT
C1ORF21	rs139777178	AA
LYPLAL1	rs79278760	GG

Zinc

Zinc is an essential mineral. Your body uses it to defend against disease, protect DNA from damage, heal wounds, and control blood sugar. Some of the best sources of zinc include shellfish, pork, beef, and beans [\[R\]](#), [\[R\]](#).



Your Result

Typical Need

Increased Need

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for zinc.

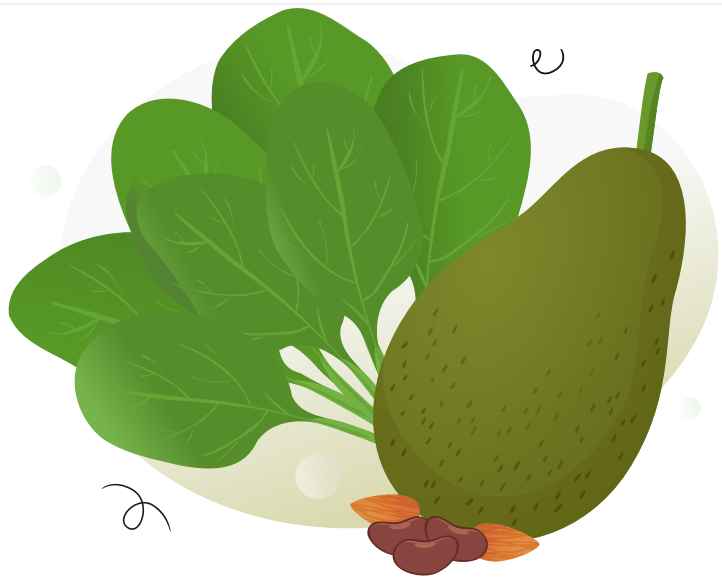
Try to aim for the recommended daily amount of zinc. For most adults, that’s 11 mg of zinc per day [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
SLC30A8	rs13266634	CC
SLC30A8	rs11558471	AA
SORBS3	rs4872479	GG
SLC5A6	rs11126936	GG
CA2	rs1532423	GA
NBDY	rs4826508	TC
SLC39A8	rs233804	CA
SCAMP5	rs2120019	TT

Magnesium

Magnesium is required for DNA and protein production, muscle and heart function, and immune function. Foods rich in magnesium include leafy greens, nuts, and seeds [\[R\]](#), [\[R\]](#), [\[R\]](#).



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for magnesium.

Try to aim for the recommended daily amount of magnesium. For most adults, that’s **420 mg** of magnesium per day [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
TRPM6	rs11144134	TT
CSTA	rs1801725	GG
FGFR2	rs1219515	GG
RALGDS	rs7032317	TT
CDKL2	rs6838240	TT
RTL1	rs915364	CC
MTMR7	rs3764796	TG
PAPSS2	rs1969821	GG
FGFR2	rs3135758	CT
VIPR1	rs11718502	TC
BORCS7	rs3740393	GG
CCDC136	rs1472147	TC
CDKL2	rs6852678	CC
ALPK1	rs2074379	AG
C8ORF48	rs10888073	TC
THBS3	rs4971100	GA
PAPSS2	rs791888	GT
TRPM6	rs113607577	GG
THBS3	rs4072037	CT
SHROOM3	rs13146355	GG
MECOM	rs448378	GG
SHROOM3	rs9993810	GA
ATP2B1	rs7965584	GA
HDHD2	rs117060920	AG

TRPM6	rs2274924	TT
ASAP1	rs72728275	AA
CAMK1D	rs2648708	CC
METTL21C	rs603894	CC
PHACTR2	rs2073214	CC
CANT1	rs11891	GG
DLK1	rs4905994	CC
OR5BS1P	rs193153567	CC
PRMT7	rs7197653	GG
MPPED2	rs3925584	TT

Calcium

Calcium is the main component of your teeth and bones. It's also important for muscle and nerve function. Dairy products are an important source of calcium [\[R\]](#), [\[R\]](#), [\[R\]](#).



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have an increased need for calcium.

You may benefit from eating more foods rich in calcium or monitoring your calcium levels.
Try to get at least the recommended daily amount of calcium (1000 mg) [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
AMT	rs34240317	AA
GAL	rs880610	GG
MECOM	rs784288	AG
HBZ	rs10794639	AA
CPED1	rs10242100	AA
ARL4C	rs12151790	GG
DOK6	rs17184557	TT
FKBP11	rs3741619	AG
SEM1	rs4448201	GC
CDC42SE1	rs2864700	TC
RSPO3	rs9482772	CT
GALNT3	rs10204976	GC
SMOC1	rs3742909	AG
CCDC170	rs4869744	CT
TNFRSF11B	rs2062375	CG
STK39	rs578031265	CC
MARCO	rs115242848	CC
ALDH7A1	rs13182402	AA
PRSS3	rs10814041	GG
MN1	rs139959245	CC
NUDT2	rs307646	AA
ARRDC3	rs7733007	GG
CDH6	rs2173682	GG
IDH3A	rs2028548	CC

FAM216B	rs9525667	CC
HLA-DQA1	rs2071805	CC
VAR52	rs9262558	CC
SP7	rs144680237	CC
CPED1	rs3779381	AA
MRPL20	rs12408050	GG
ZBTB40	rs34414754	AA
GAL	rs56154705	CC
WLS	rs2566755	TT
ETS2	rs11088458	GG
CTNNB1	rs389264	TT
HOXC6	rs7308105	TT
/	rs12808199	AA

Iron

Iron is an essential mineral. It helps make hemoglobin, a protein that red blood cells need to carry oxygen throughout the body. In this way, iron supports energy production and fights fatigue [\[R\]](#), [\[R\]](#), [\[R\]](#).



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical need for iron.

Try to aim for the recommended daily amount of iron. That’s **8 mg** for men and **18 mg** for women. If you suspect you may be deficient, talk to your doctor [\[R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
IGLV4-60	rs987710	AA
ZDHC14	rs181143083	TT
TMPRSS6	rs855791	AG
TMPRSS6	rs228916	CT
MAPRE1	rs146680938	CC
CDH19	rs181670562	CC
MOSPD3	rs7385804	CA
TF	rs3811647	AG
CLDN11	rs113286612	GG
DTWD2	rs2442120	CC
SLC24A2	rs142401741	GG
IRX2	rs62330869	AA
ZFAT	rs2315834	CC
HFE	rs1799945	CC
SCGN	rs115809796	AA
NOTCH4	rs41270472	AA
CNTN5	rs1398168	AG
CARMIL1	rs111722075	CC
ERG	rs117910189	TC
H3C6	rs113507773	GG
PLAAT1	rs9849045	TT
PLCG2	rs9934030	AG
NCKAP5	rs7588567	TT
TF	rs8177240	GT

TMPRSS6	rs4820268	AA
SHISA9	rs78138925	GG
ESM1	rs150548770	TT
FIG4	rs143130997	GG
TMC5	rs4780797	GG
PROC	rs116946164	TT
RAD18	rs113839317	TT
GK2	rs12641027	TT
HFE	rs1800562	GG
BMP4	rs210368	GG

Iodine

[Iodine](#) is an element that helps make thyroid hormones. It’s important for thyroid function, healthy pregnancy, and cognitive function [[R](#), [R](#), [R](#), [R](#)].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GPX1	rs1050450	GG

Sodium

Sodium is one of the body's main electrolytes, which are minerals we need in relatively large amounts. Table salt (sodium chloride) is the main source of sodium in our diets. Adults need less than 500 mg sodium/day to maintain normal sodium levels in the body. However, 95% of the world’s population consumes between 3 and 6 g/day, which is much more than necessary [\[R\]](#), [\[R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TSNARE1	rs141086701	GG
ULK3	rs2472297	CC
GIPR	rs34783010	GG
TFAP2B	rs2504671	CC
SYT1	rs12581220	CC
NRBP1	rs55807911	CC
BRINP1	rs17635778	CC
NOVA1	rs7140993	GG
SCN2A	rs16850592	TT
STK24	rs7334078	TT
MEF2C	rs7442885	CC
REEP3	rs7924036	GG
NEGR1	rs2422137	CC
UPB1	rs5760425	TT
PYGL	rs17123039	TT
INO80E	rs11646118	TC
MLXIPL	rs33951980	TC
GCKR	rs1260326	TC
AHR	rs4410790	TC
NEBL	rs7072776	AG
/	rs72634682	AG
HTR4	rs13163314	CT
CABCOC01	rs2393831	GA

TSHZ2	rs1996928	GA
MDM4	rs11584700	AG
LONRF2	rs1437971	CA
GSE1	rs2968426	GC
PLCL1	rs1036336	CT
/	rs2945091	AG
MIA	rs117287096	GG
ADH1B	rs1229984	CC
/	rs1957111	CC
FTO	rs11642015	CC
TINAG	rs816366	TT
/	rs9537160	TT
SSBP3	rs643428	TT

Manganese

[Manganese](#) (Mn) is an essential trace mineral, which means we need it in very small amounts. It supports the function of different enzymes that play a role in energy production, antioxidant defense, metabolism, brain development and function, and immune response [[R](#), [R](#), [R](#), [R](#)].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GYPE	rs114415743	TT
TIAL1	rs151243716	GG
INPP5F	rs137997938	GG
ADCY9	rs2018513	CC
OPCML	rs2155533	AA
TTF2	rs1289661	CT
AKAP12	rs2786750	TC
CSMD1	rs190803682	CC
LHFPL3	rs7796437	AA
CLDN10	rs149628902	TT
SMOC1	rs227446	GG
/	rs4239354	TT

Chloride

Chloride is a negatively charged ion. Along with sodium, potassium, and bicarbonate, it helps balance the amount of fluids in the body. Chloride is also important for the acid-base balance (pH) in the blood.

Your Result

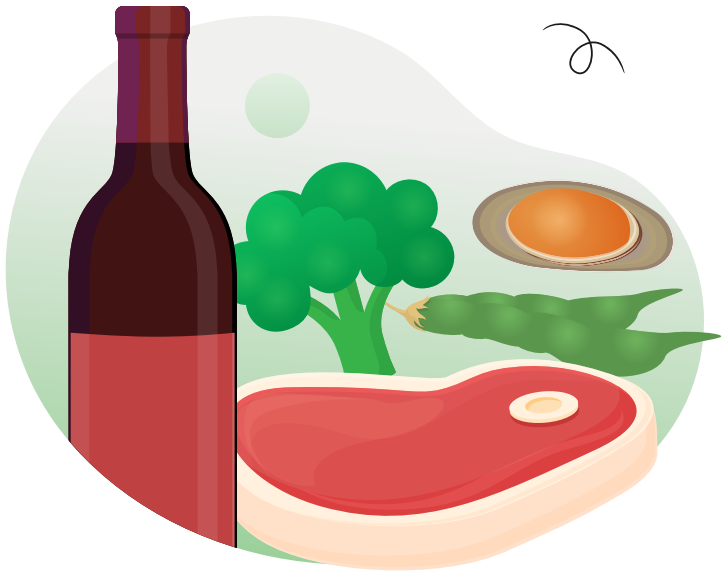


Your Gene Table

GENE	VARIANT	GENOTYPE
WDR72	rs7495833	AA
BORCS7	rs73351820	AA
RPH3A	rs3948714	CC
HLA-DQA2	rs2239804	CC
TBX2	rs7215775	GA
LIN7C	rs1491850	TC
NQO1	rs62049973	AA
CUX2	rs79105258	CC
SYT1	rs11109815	GG
SPPL2A	rs12910301	AA
SLC16A6	rs35397826	AA
PIN4	rs2984348	CC
TMEM135	rs7113624	GG
HNF1A	rs1169288	AA
NIFK	rs4848713	CC
CEP83	rs113918189	CC
CDKAL1	rs9350272	AA
BCAS1	rs459044	AA

Chromium

[Chromium](#) (Cr) is a trace element. It helps regulate carb, fat, and protein breakdown. Women need 20-25 micrograms (mcg) of chromium per day, while men need 30-35 mcg [\[R\]](#).



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PTPRM	rs600533	AA
TRDN	rs78279606	GG
KIAA1549L	rs7104844	CC
/	rs117244450	CC
ADRB1	rs78721021	TT
MICAL2	rs12803936	TT
ELAC2	rs12602392	CC
ZCCHC7	rs7850996	TA
ZCCHC7	rs13290794	GA
FIG4	rs9487211	TC
ARHGEF4	rs12987736	TC
TRNT1	rs62234189	CC
GPC6	rs80211266	TT
NIPBL	rs74811583	AA
HS6ST3	rs79262085	CC
KITLG	rs61924870	AA
SMIM21	rs12607014	CC
TCERG1L	rs11017755	CC

Copper

Copper is an essential mineral. It helps many enzymes function normally. Copper plays a role in energy production, heart function, blood pressure control, brain development, immune and nervous system function, and bone structure [\[R, R, R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
SCEL	rs17773384	CC
TFAP2E	rs367771738	TT
SLAIN1	rs17720055	TT
THRAP3	rs118183123	CC
CITED2	rs148460355	AA
ZNF608	rs73311010	AA
SMIM36	rs201065543	TT
BAK1	rs150273297	TA
PHETA1	rs4766566	CC
SELENBP1	rs2769264	GT
ZNF429	rs35830602	GA
SMIM1	rs1175550	AG
CAMK1D	rs185903133	GG
ELAVL2	rs145001356	CC
SPDYE21	rs78761951	GG
FOXF1	rs2665328	AA
SNAI1	rs74274216	CC
IRF2	rs793811	AA
NAA25	rs11066132	CC
ITGA1	rs7736204	GG
MAPKAPK5	rs78069066	GG
OAS1	rs886477	TT
BRAP	rs11066001	TT
ALDH2	rs4646776	GG

ALDH2	rs671	GG
STXBP6	rs66541674	GG
MYL2	rs2188380	TT

Molybdenum

[Molybdenum](#) (Mo) is a mineral that we need in very small amounts (trace mineral). Molybdenum helps process sulfur-containing amino acids such as [methionine](#) and [cysteine](#). It also helps make [uric acid](#) and is part of the tooth enamel [[R](#), [R](#)].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
IGFBP7	rs75597017	AA
ABCG2	rs60911526	GG
NPAS3	rs8021455	TT
SPDL1	rs39797	TT
NR4A2	rs16839950	TT
PTCH1	rs9632898	CC
PPM1L	rs75943454	AG
SEC11C	rs7239348	AA
TAF1A	rs7628995	AG
DHCR24	rs12402232	CA
MADCAM1	rs3745925	AC
UBE2E2	rs9310713	AG
SLC40A1	rs10170389	GG
KBTBD11	rs78240379	CC
OTX2	rs1504607	TT
TGS1	rs10481221	CC
NCOA4	rs2075894	AG
LMO4	rs12089211	TT
VAT1L	rs76606743	AA
NAA25	rs11066132	CC
ACAD10	rs11066008	AA
ATXN2	rs11065933	TT



Essential Amino Acids

The nine essential amino acids are fundamental building blocks that must be obtained through diet, playing crucial roles in protein synthesis, metabolism, and overall health. This section explores how genetic variations can affect your body's processing of these vital nutrients - from histidine's role in tissue repair to tryptophan's influence on mood regulation, to leucine's impact on muscle protein synthesis. Understanding your genetic predisposition to amino acid metabolism can help inform protein intake and dietary choices.

Likely typical need for histidine



Predisposed to higher isoleucine levels



Predisposed to lower leucine levels



Likely typical need for lysine



Likely typical need for methionine



Likely typical need for phenylalanine



Likely typical need for threonine



Likely typical need for tryptophan



Predisposed to typical valine levels



Histidine

[Histidine](#) is an essential amino acid, which means that our bodies can’t make it and we must get it through diet. Histidine is one of the building blocks for proteins in our bodies. Histidine is also crucial in the production of TRH, histamine, carnosine, urocanic acid, and hemoglobin [[R](#), [R](#), [R](#), [R](#)].



Your Result



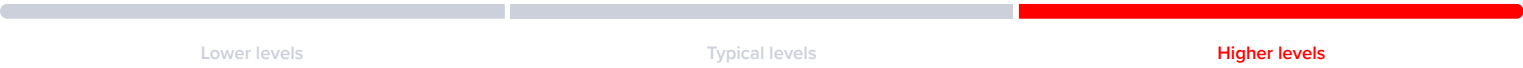
Your Gene Table

GENE	VARIANT	GENOTYPE
HAL	rs61937878	CC
HAL	rs117991621	CC
HPS3	rs181648651	CC
CP	rs35331711	GG
ADAL	rs139974673	TT
MAFB	rs1883711	GG
SLC38A4	rs76191003	CC
SGK1	rs117591301	TA
SERPINA1	rs709932	CC
CPS1	rs1047891	AC
NDRG2	rs1958393	CG
SPRYD4	rs2933243	AG
GCKR	rs780094	TC
SLC39A4	rs2272662	TC
KHNYN	rs11621792	CT
NME7	rs3766077	GA
NDRG2	rs147773754	CC
AMDHD1	rs143387210	TT
AMDHD1	rs75341400	GG
CP	rs34004251	TT
LMO1	rs2168101	CC

Isoleucine

[Isoleucine](#) is a [branched-chain amino acid](#) (BCAA). It's essential, which means we can't produce it and must get it from food. Isoleucine is particularly important for muscle metabolism and is heavily concentrated in muscle tissue. It also plays a significant role in energy production and immune function. Isoleucine is also crucial for [hemoglobin](#) production.

Your Result



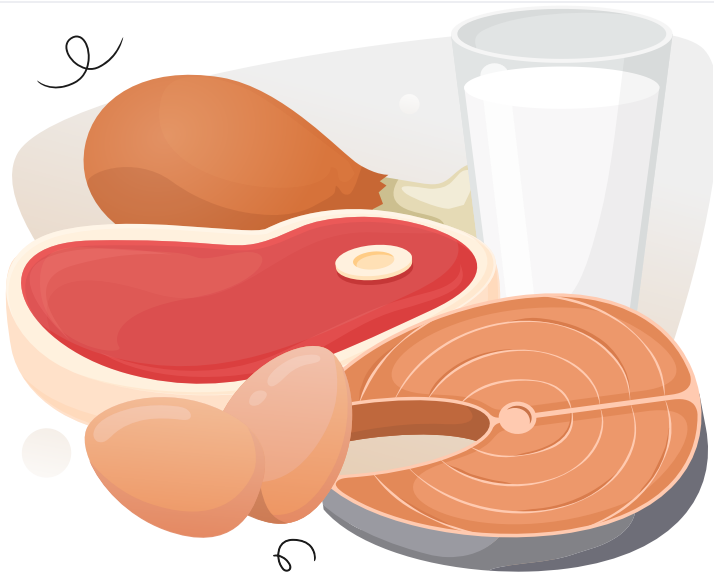
Your Gene Table

GENE	VARIANT	GENOTYPE
PHF23	rs117643180	CC
PPM1K	rs1440581	TC
PPM1K	rs1808860	TC
PPM1K	rs10018448	AG
CCND2	rs76895963	GT
LPL	rs13702	TT
BCAT2	rs493841	TC
IRS1	rs1024137	TT
MLXIPL	rs13234131	GA
ABCG2	rs6840723	AA
APOC1	rs445925	GA
LPA	rs74617384	AT
USP37	rs72965147	AA
LYPLAL1	rs2061155	TT
GCKR	rs1260326	TC
SPRYD4	rs2638314	AT
SPRYD4	rs7302925	AG
MAP3K1	rs9687846	AG
BCAT2	rs10408884	TG
AHSG	rs7635884	CT
EXOSC6	rs12149660	AA
EXOSC6	rs35452938	CC
MPP2	rs77697917	CC
SF3B3	rs12325419	AA

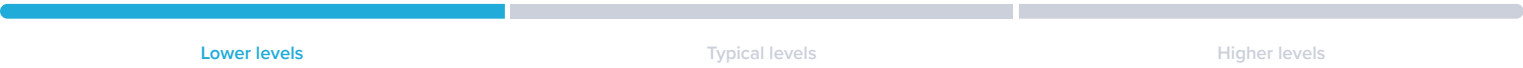
SLC38A11	rs5835988	
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Leucine

[Leucine](#) is a branched-chain amino acid (BCAA). It's essential, which means we can't produce it and must get it from food. Leucine is a crucial building block for proteins. It also supports gut health, immunity, muscle growth, and blood sugar control [\[R\]](#).



Your Result

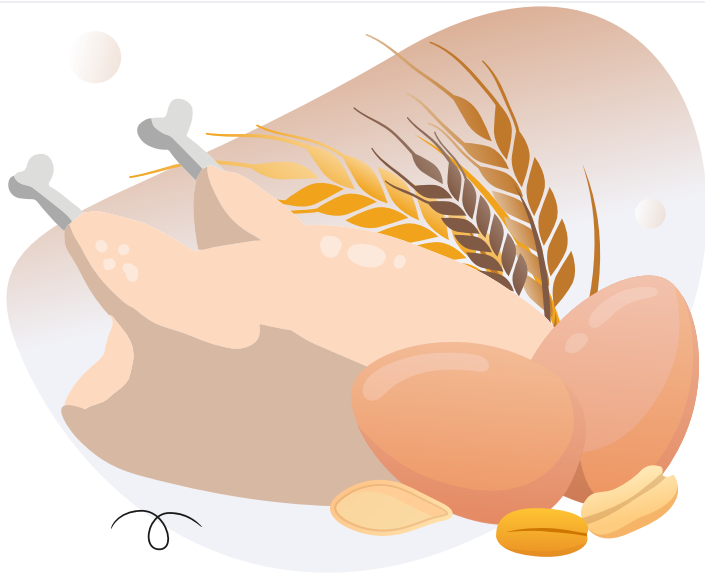


Your Gene Table

GENE	VARIANT	GENOTYPE
PHF23	rs117643180	CC
ABCG2	rs6840723	AA
PCCB	rs34894639	CC
GCKR	rs1260326	TC
SPRYD4	rs2638315	CG
RTCA	rs11166420	TA
HSD17B14	rs4801776	CT
MAPK10	rs182928083	GG
PKD2	rs114796149	GG
CLEC18C	rs77724138	CC
HP	rs9930957	CC
IL27RA	rs12974412	GG
HNF4G	rs2977929	CC

Lysine

[Lysine](#) is an essential amino acid. This means that the human body can't make it and we need to get it through diet. Lysine is a building block for proteins. It plays important roles in metabolism, collagen production, and gene activity [[R](#), [R](#), [R](#), [R](#)].



Your Result

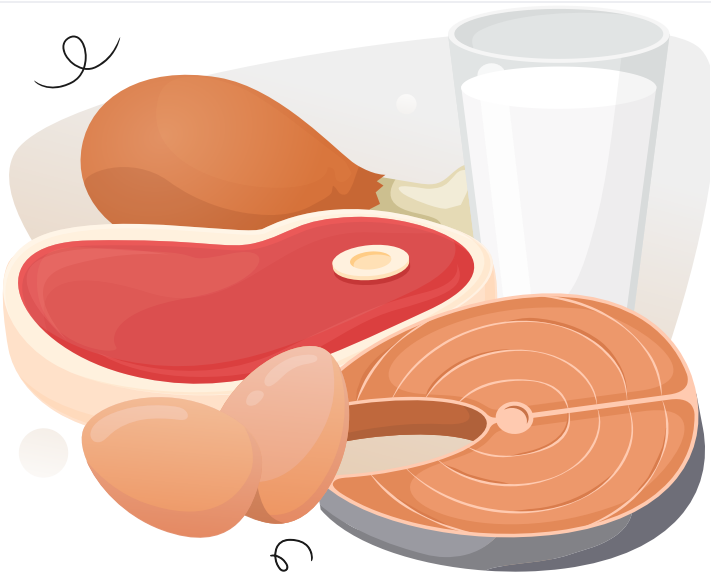


Your Gene Table

GENE	VARIANT	GENOTYPE
SLC7A6	rs8056893	AA
TST	rs11554714	GG
ELF2	rs7658095	GG
ARG1	rs2608920	TT
PPDPFL	rs7005693	CA
SLC25A29	rs1059263	CA
SPRYD4	rs2657880	CG
NADK2	rs138373837	CC
SLC7A2	rs2517237	AA

Methionine

Methionine is a sulfur-containing essential amino acid. This means that the human body can't make it and we need to get it through diet. Methionine is a crucial building block for proteins. It also helps produce the body's strongest antioxidant [glutathione](#). Methionine plays important roles in digestion, immune function, antioxidant protection, and brain health [\[R, R\]](#).



Your Result

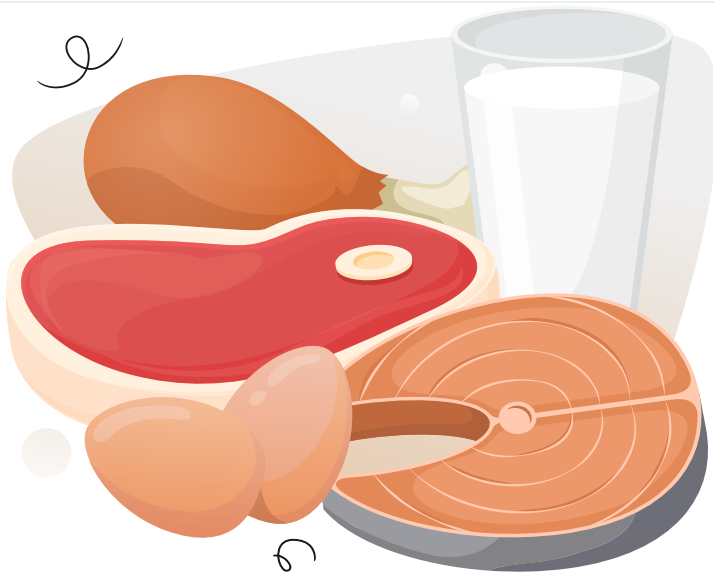


Your Gene Table

GENE	VARIANT	GENOTYPE
CCT4	rs62149891	AA
NKAIN3	rs145273360	AA

Phenylalanine

[Phenylalanine](#) is an essential amino acid. This means that the human body can't make it and we need to obtain it from food. Phenylalanine is crucial as a building block for proteins and helps build another amino acid, [tyrosine](#). Phenylalanine also helps produce chemical messengers such as dopamine, epinephrine, norepinephrine, thyroxine, melanin, and cholecystokinin [[R](#), [R](#), [R](#), [R](#), [R](#)].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PAH	rs5030858	GG
PAH	rs189898276	AA
ASCL1	rs184768787	CC
NUP37	rs116868345	CC
CHST11	rs191631370	TT
GCH1	rs17253619	CT
TIMM10	rs10750864	TA
RBMS2	rs2933235	GA
SLC17A1	rs9467618	CT
CPS1	rs715	CT
PAH	rs1498694	AA
NHLRC1	rs150772783	CC
NOMO3	rs4781730	CC

Threonine

Threonine is an essential amino acid. This means that the human body can't make it and we need to get it through diet. Threonine is a building block for proteins. It plays important roles in nervous system function, immune function, liver function, heart function, and healthy bones. Threonine can also be converted into glycine and serine, which are involved in building collagen and muscle tissue [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MEIOB	rs1742425	GG
GCKR	rs1260326	TC
GLS2	rs2657879	GA
CPS1	rs715	CT
ELOC	rs72661853	AA
SLC38A4	rs2465216	TT
SLC16A7	rs74095612	CC

Tryptophan

[Tryptophan](#) is an amino acid, or a protein building block. Humans can't make tryptophan, so we need to get it from protein-rich foods. Your body uses tryptophan to make [5-HTP](#), [serotonin](#), and [melatonin](#). These brain chemicals are important for mood and sleep. In line with this, low levels of tryptophan are associated with sleep and mood disorders [[R](#), [R](#), [R](#), [R](#)].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MFSD4B	rs17756732	TT
TDO2	rs17314234	CC

Valine

Valine is an essential branched-chain amino acid (BCAA). This means that we must get it from food. Valine is one of the building blocks of proteins. It also plays important roles in immunity, energy production, appetite regulation, and muscle function [R, R, R].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
ACACB	rs149793040	AA
PHF23	rs117643180	CC
BCAT2	rs35230038	GG
SLC1A4	rs10211524	AA
PRODH	rs2238732	CC
PPM1K	rs9637599	AC
ABCG2	rs6840723	AA
ARL16	rs62080209	AA
ARMC2	rs6941263	TT
PCCB	rs34894639	CC
GCKR	rs1260326	TC
SPRYD4	rs2638315	CG
MOK	rs2274815	AG
BCAT2	rs117048185	GG
AFF1	rs143152228	CC
CLEC18C	rs77724138	CC
GLUD1	rs17096421	AA
SLC38A11	rs13389219	TT
MLXIP	rs36181536	CC



Other Nutrients

Beyond vitamins and minerals, several specialized nutrients and compounds play vital roles in health optimization. This section examines genetic factors affecting the metabolism and utilization of important compounds like coenzyme Q10 for cellular energy production, lutein and lycopene for antioxidant protection, and glutathione for detoxification. Understanding these genetic influences can help guide supplementation and dietary strategies for optimal health.

Choline

Likely typical need for choline

Typical need

Increased need

Betaine

Predisposed to higher betaine levels

Lower levels

Typical levels

Higher levels

Glutathione

Predisposed to reduced glutathione function

Increased Function

Typical Function

Reduced Function

Coenzyme Q10

Likely typical need for coenzyme Q10

Typical need

Increased need

Lutein

Predisposed to lower lutein levels

Lower levels

Typical levels

Higher levels

Lycopene

Predisposed to lower lycopene levels

Lower levels

Higher levels

Beta-Alanine

Likely typical beta-alanine needs

Increased Need

Typical need

Creatine

Likely typical creatine levels

Lower levels

Typical levels

Higher levels

Beta-Carotene

Predisposed to lower beta-carotene levels

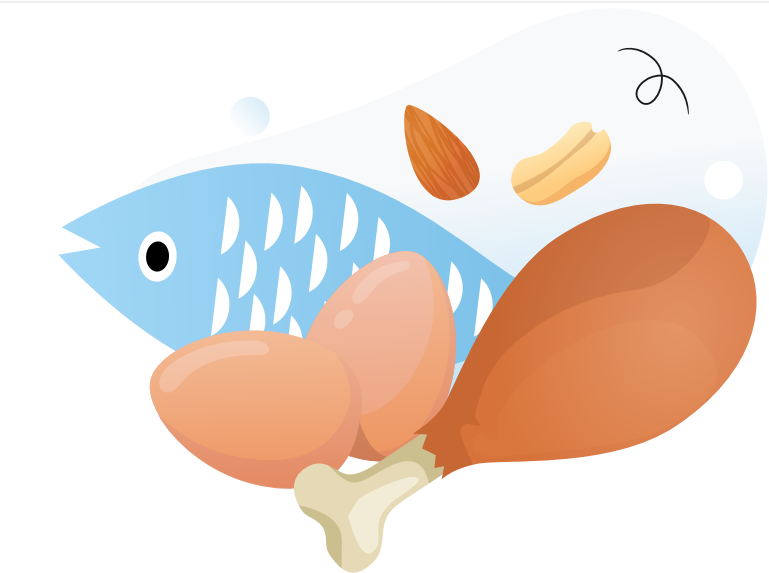
Lower levels

Typical levels

Higher levels

Choline

[Choline](#) is an essential nutrient. Although the body makes some, we need to get choline from our diets to avoid deficiency [\[R\]](#).



Your Result



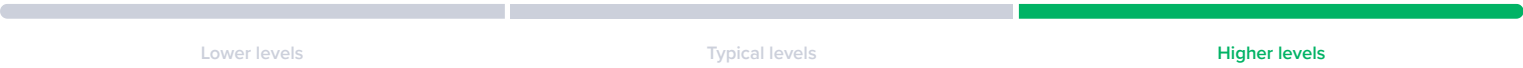
Your Gene Table

GENE	VARIANT	GENOTYPE
MTRR	rs1532268	CC
PEMT	rs7946	TT
CHDH	rs9001	TT
CHKA	rs7928739	AA
PEMT	rs4646343	TG
PEMT	rs3760188	TC
MTRR	rs1801394	AG
PEMT	rs12325817	CC
BHMT	rs3733890	GG
MTHFD1	rs2236225	GG
CHDH	rs12676	CC

Betaine

Trimethylglycine (TMG) is a compound that occurs naturally in the body and is found in beetroot and other food sources. It was originally known as betaine because it was first discovered in sugar beets. However, TMG is one of the many betaines that have since been identified [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GNMT	rs35558895	TT
SLC6A12	rs11061978	TC
SLC6A12	rs10848574	AG
CPS1	rs1047891	AC
PEMT	rs746900	AT
BHMT	rs617219	CA
CPS1	rs715	CT
CBS	rs2851391	CT
BHMT	rs16876512	CC
BHMT	rs2431951	CC
BHMT	rs595653	AA
BHMT	rs6877698	CC
SLC22A1	rs1564348	TT
SLC6A12	rs499368	AT
BHMT	rs17823774	CC
BHMT	rs16876394	TT

Glutathione

Glutathione (GSH) is your body’s strongest antioxidant. It has an enormous capacity to combat [oxidative stress](#) and neutralize harmful free radicals. Chemically speaking, glutathione is a tripeptide made up of 3 amino acids: glutamate, cysteine, and glycine [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GCLC	rs761142	AA
GSR	rs2551715	CC
/	rs366631	AA
GSTM3	rs7483	TT
TRPC4AP	rs6060124	CA
GSTM5	rs3754446	CC
CTH	rs1021737	GT
CTH	rs12723350	CT
GSTA1	rs3957357	GA
GSTP1	rs1695	AA
GSTP1	rs1138272	CC
GPX1	rs1050450	GG
GSTM1	rs1056806	CC

Coenzyme Q10

[Coenzyme Q10](#) (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve energy levels, antioxidant protection, heart health, muscle strength, and blood sugar control [[R](#), [R](#), [R](#), [R](#)].



Your Result



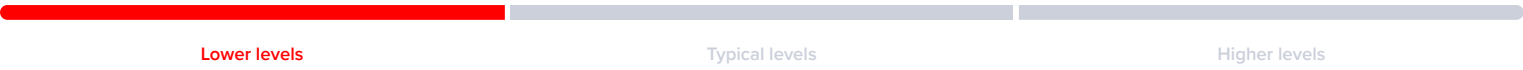
Your Gene Table

GENE	VARIANT	GENOTYPE
BCR	rs77049423	GG
KLF12	rs76617118	GG
AGGF1	rs13155649	AA
NDUFS4	rs41270301	GG
BTG1	rs61745943	AA
FUT8	rs7141874	AA
SLC27A4	rs41313321	GG
TTC39B	rs686030	AA
HSF2	rs150057671	GG
OR51A2	rs35996509	CT
/	rs11591201	GA
GRIK2	rs283228	CA
/	rs7081147	TC
NEGR1	rs55927656	TT
DRD5	rs146799867	CC
DCC	rs74681568	CC
OLAH	rs12573070	GG
USP14	rs9952641	AA
PRMT8	rs17769758	GG
SERINC3	rs12480807	AA
LUZP1	rs9426691	AA
SMC6	rs898838	CC

Lutein

Lutein is a type of carotenoid antioxidant that is naturally found in various foods, especially dark green leafy vegetables, and is important for health, particularly eye health. It is a pigment that gives plants like spinach, kale, and yellow carrots their rich colors. Humans acquire lutein from their diet, and it is used by the body, especially in the eyes, to help protect against oxidative stress.

Your Result



Lycopene

[Lycopene](#) is a bright red pigment that gives color to a number of fruits and vegetables. Tomatoes are its main food source in Western societies and make up 85% of total lycopene intake. Lycopene belongs to the large family of carotenoids, which includes over 600 pigments. The best-known ones are [beta-carotene](#) and lutein. Unlike some other carotenoids, lycopene does not convert to vitamin A in the human body. Its antioxidant properties are believed to help protect cells from damage [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FOLR3	rs341075	AA
SPC25	rs2232315	GG
JAG1	rs6108801	CC
SPRED1	rs4635297	CC
RAB33B	rs7680948	AC

Beta-Alanine

Beta-alanine is a non-essential amino acid that the body combines with histidine to make carnosine. By doing this, it helps maintain energy levels and brain health [\[R\]](#), [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GADL1	rs6800284	TT
GADL1	rs6780429	CC
FSTL5	rs10012576	AA
TPD52	rs12679683	TT
CDH4	rs2427065	GG
CDH4	rs2427055	CC
OR6N1	rs148124567	CA
SRRM4	rs79438673	CT
IPO7	rs147639758	GG
CLDN24	rs77066025	CC
OTUD3	rs2233687	CC
ZNF83	rs148305112	AA
LPCAT1	rs56982424	TT
ERCC4	rs139001552	TT
TIAM2	rs116222269	AA
CDH6	rs7722953	GG
PRKCA	rs75901234	AA
SLC37A2	rs144699668	CC
ATCAY	rs12609717	GG
UPK3B	rs144244532	AA
RPLP1	rs28662087	TT
MYOM2	rs116872407	CC
PPP2R5A	rs141898885	GG
SETD7	rs147364528	CC

MTRNR2L5	rs201909068	AA
PIP4K2A	rs77677595	AA
MARK1	rs2184936	CC
CPNE8	rs12371693	GG
NRXN1	rs80222136	CC
HSF2	rs62430075	CC
RAP2B	rs16823123	AA
/	rs115721783	TT
PRR20A	rs17553571	CC
CCDC85C	rs8004539	CC
CHRNA2	rs34447567	TT
TMEFF2	rs74671736	TT
CCDC85A	rs10200246	AA
CPLANE1	rs115589520	GG
DOCK8	rs76737642	CC
SLC8A1	rs74851806	GG
EDEM1	rs146954437	CC
RNASE3	rs181563477	AA
CHST9	rs62082886	TT

Creatine

[Creatine](#) (also known as α -methyl guanidine-acetic acid) is a substance naturally produced in the body from amino acids. Most of it is stored in muscle cells and released during physical activity. Creatine supplements raise muscle creatine stores, which enhances exercise performance and helps build muscles. Creatine food sources include meat and fish [\[R, R\]](#).

Your Result



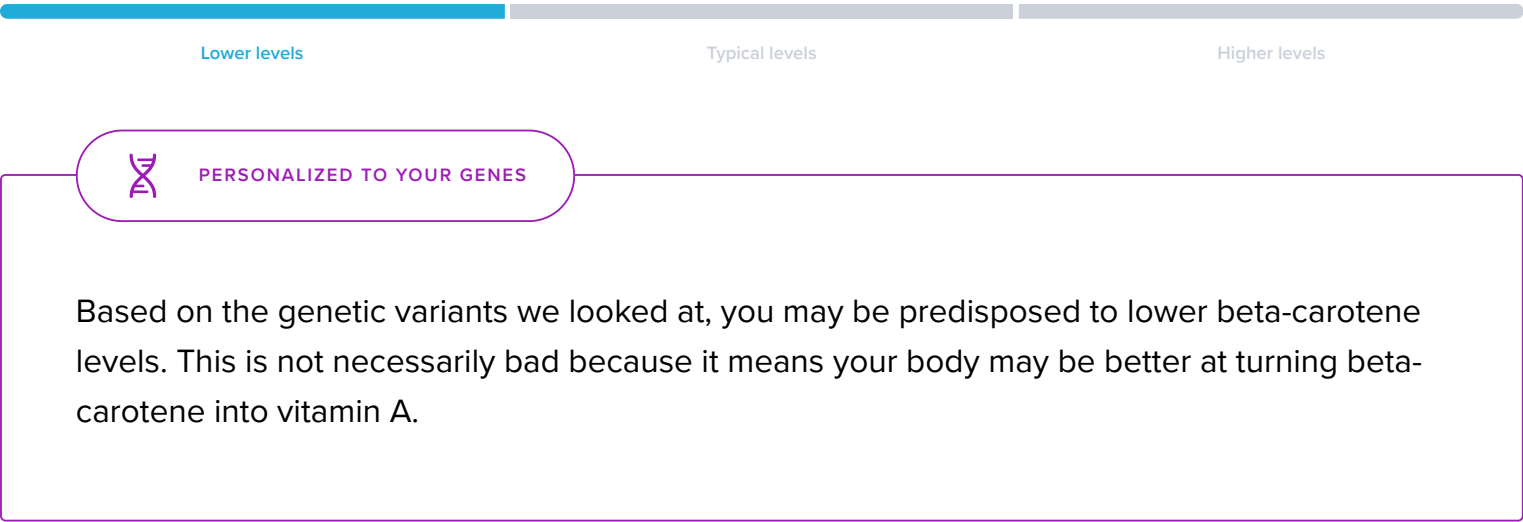
Your Gene Table

GENE	VARIANT	GENOTYPE
CPS1	rs1047891	AC
GATM	rs2486274	GT
CCDC77	rs7307754	TT

Beta-Carotene

[Beta-carotene](#) is a plant-derived pigment (carotenoid). It's a precursor of [vitamin A](#) (retinol), meaning that the body can convert beta-carotene into this vitamin [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
BCO1	rs7501331	CC
C16ORF46	rs8044334	TT
C16ORF46	rs6564851	TT
BCO1	rs6420424	GG
PTPRT	rs6513787	AC
BCO1	rs12934922	TT
C16ORF46	rs11645428	GG





Eating Habits

You may be surprised to learn that some of the eating habits you have are affected by your genes! Eating is a complex behavior, but scientists have been able to link eating habits with certain genes. Read below to learn more about what your genes may be influencing!

Snacking

More likely to snack

Less Likely

More Likely

Sugar Cravings

More likely to crave sugar

Less likely

More likely

Tendency to Overeat

Typical likelihood of overeating

Less likely

Typical likelihood

More likely

Eating Disorders

More likely to have an eating disorder

Less likely

Typical likelihood

More likely

Binge Eating

More likely to binge eat

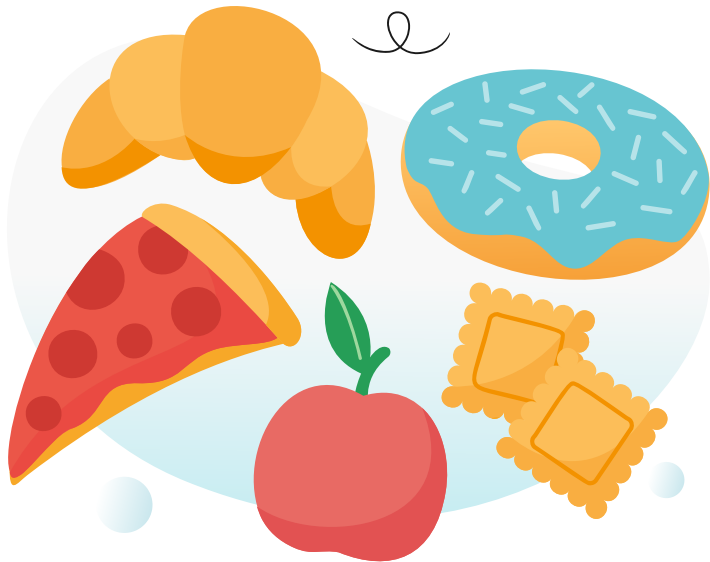
Less likely

Typical likelihood

More likely

Snacking

Snacking is eating or drinking something between meals. Some people may snack more than others. This may partly be due to genetics. Genes involved with snacking may influence hormones linked to appetite and hunger [\[R, R, R\]](#).



Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be more likely to snack.

Try to avoid snacks with unhealthy fats and added sugar and salt. Instead, choose snacks higher in protein, fiber, and healthy fats. Try to portion your snack instead of eating it from the package [\[R, R, R\]](#).

Your Gene Table

GENE	VARIANT	GENOTYPE
HES6	rs2304672	GG
LEP	rs791607	AA
MC4R	rs2229616	CC
LRRC4	rs4577902	AG
LEPR	rs2025804	GA
TCF7L2	rs7903146	CT
FTO	rs9939609	TT
MC4R	rs17782313	TT
LIN7C	rs925946	GG
SH2B1	rs7498665	AA

Sugar Cravings

Do you have a sweet tooth? Or do you find some foods unpleasantly sweet? Differences in the genes that code for our taste receptors may affect our preference for sweets. People who have less sensitive sweet receptors may have a “sweet tooth”. They may prefer sweet foods and eat more of them [R, R].

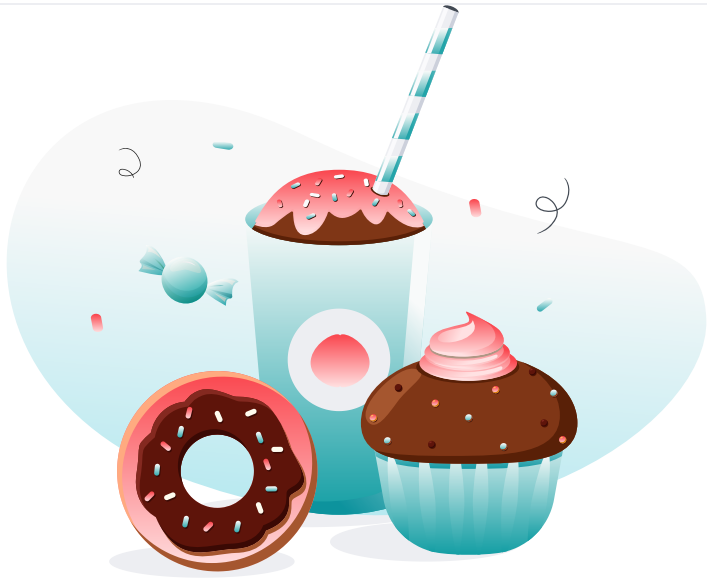
Your Result



 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be more likely to prefer sweets.

You already know that sugar is bad for your health, so do your best to resist your sweet tooth.



Your Gene Table

GENE	VARIANT	GENOTYPE
FGF21	rs838133	AA
TAS1R2	rs35874116	TT
TAS1R2	rs3935570	GG
/	rs56404116	AA
AGMO	rs12699747	CC
KISS1R	rs350132	AA
/	rs13347339	TT
/	rs13182470	CC
SERPINA1	rs11568814	CC
GOLGA8B	rs2433267	AA
CLMP	rs17127163	AA
WSCD1	rs35253088	TT
/	rs2815675	CC
FSCB	rs537022264	AA
ATP10B	rs4552669	GA
ATP10B	rs10037124	GT
MTDH	rs2448140	CT
ORC5	rs10953405	AG
CST7	rs62215296	GA
RARB	rs7619139	TA
SLC2A2	rs5400	GG
ALDH2	rs671	GG
ITGA4	rs13029040	CC
TMEM63C	rs74340145	GG

DCC	rs55940710	CC
PNLIPRP3	rs2033397	CC
CDH20	rs1497980	CC
HTR5A	rs7795216	AA
RELN	rs62485870	AA
NOTCH1	rs710411	GG
DNAJA4	rs4887033	GG
BHLHE23	rs138884670	TT
/	rs145221345	CC
LRIT3	rs142911827	CC
N6AMT1	rs139744648	TT
HACE1	rs116683943	GG
OR51T1	rs142576658	GG
PTPRZ1	rs78017114	TT
SEC24D	rs569450439	AA
TMEM248	rs185288219	CC
DSEL	rs184797377	AA
MTX3	rs139896719	TT

Tendency To Overeat

Hunger is the body’s signal to eat. When we eat, we experience satiety - the feeling of fullness between meals. However, some people tend to overeat and feel hungry more often. Genetics may play a role in this.

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
POMC	rs6713532	TT
NPY	rs16147	TT
TAS2R38	rs713598	CC
CLOCK	rs1801260	AG
LEPR	rs1805096	GG
FCER1G	rs5082	GG
FAAH	rs324420	AA
LEPR	rs1137101	GA
LEP	rs7799039	GG
CNR1	rs1049353	CT
COMT	rs4680	AG
TAS2R38	rs1726866	AG
LEPR	rs1137100	GA
TCF7L2	rs7903146	CT
FTO	rs9939609	TT
ANKK1	rs1800497	GG
MC4R	rs17782313	TT
MC4R	rs12970134	GG
SLC2A2	rs5400	GG
NPY	rs16139	TT
POMC	rs1042571	GG

Eating Disorders

Eating disorders are mental health conditions that impact eating habits. People with eating disorders have an unhealthy relationship with food, their weight, and the shape of their body [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
OPTN	rs10906233	CC
RASGRF2	rs138206701	AG
MAGI3	rs61742849	GG
CAMK1D	rs75263140	AA
OLIG1	rs117124364	CC
KIAA0825	rs469339	AA
TAS2R5	rs145241704	TT
PCDH7	rs74879986	GG
RMI2	rs117096873	CC
NKAIN3	rs142014203	TT
CHODL	rs77600076	AA
HSD17B11	rs115694618	AA
MACROD2	rs11087123	AA
ZNF503	rs2043090	AA
HRNR	rs3120667	AA
C8ORF37	rs77742018	AA
BLMH	rs11867581	AA
DAB1	rs985795	TT
MSRA	rs6999631	CC
SELENOM	rs111383589	CC
SMIM21	rs62090893	GG
/	rs28631020	GG
ACYP2	rs56148675	TT
TMEM106B	rs114945094	GA

QSOX1	rs55946907	CC
GRID1	rs76765968	TT
CAMLG	rs299362	AA
COL23A1	rs2910124	CC
SRPRB	rs11708304	CC
CCDC69	rs7724774	GG
SRPX	rs56156506	AA
BLMH	rs2129785	CT
ATP8A2	rs7322916	GA
ALDH4A1	rs28441017	AG
PERP	rs1556640	CT
/	rs78661745	CT
NT5C1B	rs1445130	GA
/	rs8024343	TA
C4ORF17	rs148915469	AA
EMP2	rs2221433	TT
WWOX	rs8050187	CC

Binge Eating

Binge eating disorder (BED) is a serious, life-altering eating disorder characterized by frequent episodes of consuming very large amounts of food but without subsequent purging behaviors, such as vomiting or excessive exercise. Those with BED often feel a loss of control during binges and experience feelings of shame or guilt afterwards. It is the most common eating disorder in the United States.

Your Result



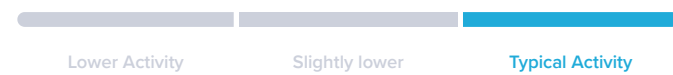
Your Gene Table

GENE	VARIANT	GENOTYPE
ARHGAP8	rs726170	CT
/	rs7337127	CT
NUP35	rs1950038	TC
BCKDHB	rs17810023	CC
RGPD4	rs111940429	CC
SYNDIG1	rs76087671	CC
SLC25A26	rs145763646	GG
FTO	rs9939609	TT
/	rs73057489	AA
MC4R	rs17782313	TT
CUBN	rs7904579	CC



Genetic variations significantly influence how we process, absorb, and utilize different nutrients. This section explores key genes involved in nutrient metabolism - from MTHFR and MTHFD1 in folate processing to CUBN in vitamin B12 absorption, to TAS2R38 in taste perception. Understanding these genetic factors can help inform personalized nutrition strategies and optimize dietary choices for individual health needs.

Likely typical MTHFR activity



Likely higher MTHFD1 activity



Likely typical MTHFD1L activity



Likely worse MTHFS genetics



Likely worse SHMT1 genetics



Likely higher CUBN activity



Likely higher TCN2 activity



Likely lower DHFR activity



Likely typical FOLH1 genetics



Likely higher PDXK activity



Likely higher GC activity



Likely non-secretor



Likely intermediate FADS1/2 activity



Likely lower PPARA activity



Likely better FTO genetics

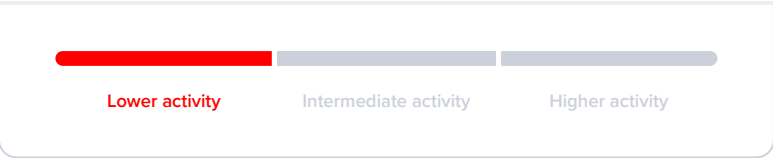
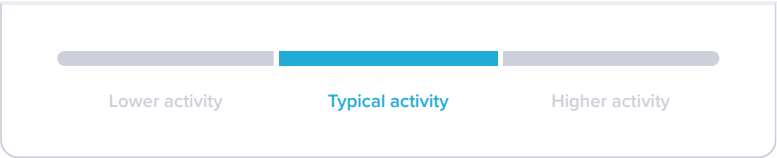


Likely typical TAS2R16 activity

Likely lower TAS2R38 activity

Likely lower APOA2 activity





TF (Iron & Cognition)
Predisposed to typical TF activity

A horizontal bar chart with two segments: 'Typical Activity' (blue) and 'Lower Activity' (light gray). The blue segment is positioned on the left, indicating a typical activity level.

CRY2 (Blood Sugar)
Likely typical CRY2 genetics

A horizontal bar chart with three segments: 'Worse Genetics' (light gray), 'Typical Genetics' (blue), and 'Better Genetics' (light gray). The blue segment is positioned in the middle, indicating typical genetics.

MTNR1B (Diet & Blood Sugar)
Predisposed to lower MTNR1B activity

A horizontal bar chart with two segments: 'Lower Activity' (green) and 'Higher Activity' (light gray). The green segment is positioned on the left, indicating a lower activity level.

SLC23A1 (Vitamin C)
Predisposed to typical SLC23A1 activity

A horizontal bar chart with two segments: 'Typical Activity' (blue) and 'Lower Activity' (light gray). The blue segment is positioned on the left, indicating a typical activity level.

PNPLA3 (Lipids/ Liver Health)
Likely typical PNPLA3 activity

A horizontal bar chart with two segments: 'Lower activity' (light gray) and 'Typical activity' (green). The green segment is positioned on the right, indicating a typical activity level.

ADIPOQ (Weight/ Blood Sugar)
Likely worse ADIPOQ genetics

A horizontal bar chart with three segments: 'Worse Genetics' (red), 'Typical Genetics' (light gray), and 'Better Genetics' (light gray). The red segment is positioned on the left, indicating worse genetics.

CYP2R1 (Vitamin D)
Predisposed to typical CYP2R1 activity

A horizontal bar chart with two segments: 'Lower Activity' (light gray) and 'Typical Activity' (blue). The blue segment is positioned on the right, indicating a typical activity level.

TCF7L2 (Blood Sugar/Diet)
Likely worse TCF7L2 genetics

A horizontal bar chart with two segments: 'Better Genetics' (light gray) and 'Worse Genetics' (red). The red segment is positioned on the right, indicating worse genetics.

FABP2 (Blood Sugar/ Cardiovascular)
Likely lower FABP2 activity

A horizontal bar chart with two segments: 'Lower activity' (green) and 'Higher activity' (light gray). The green segment is positioned on the left, indicating a lower activity level.

GCKR (Blood Sugar)
Likely typical GCKR activity

A horizontal bar chart with three segments: 'Lower Activity' (light gray), 'Typical Activity' (blue), and 'Higher Activity' (light gray). The blue segment is positioned in the middle, indicating a typical activity level.

CD36 (Fat Preference/Weight)
Likely higher CD36 activity

A horizontal bar chart with three segments: 'Lower activity' (light gray), 'Typical activity' (light gray), and 'Higher activity' (green). The green segment is positioned on the right, indicating a higher activity level.

SLC2A2 (Sugar Intake)
Predisposed to typical sugar intake

A horizontal bar chart with two segments: 'Typical' (blue) and 'Higher' (light gray). The blue segment is positioned on the left, indicating a typical activity level.

GIPR (Blood Sugar)
Likely typical GIPR activity

A horizontal bar chart with two segments: 'Lower Activity' (light gray) and 'Typical Activity' (blue). The blue segment is positioned on the right, indicating a typical activity level.

PPM1K (Blood Sugar/Diet)
Likely typical PPM1K activity

A horizontal bar chart with three segments: 'Lower activity' (light gray), 'Typical activity' (blue), and 'Higher activity' (light gray). The blue segment is positioned in the middle, indicating a typical activity level.

FGF21 (Carbs vs Fats)
Likely to prefer dietary carbs over fat

A horizontal bar chart with three segments: 'Fat preference' (light gray), 'Balanced preferences' (light gray), and 'Carb preference' (blue). The blue segment is positioned on the right, indicating a carb preference.

TFAP2B (Weight/Diet)
Likely typical TFAP2B activity

A horizontal bar chart with two segments: 'Typical activity' (blue) and 'Higher activity' (light gray). The blue segment is positioned on the left, indicating a typical activity level.

MC4R (Weight/ Blood Sugar)
Likely higher MC4R activity

A horizontal bar chart with three segments: 'Lower Activity' (light gray), 'Intermediate Activity' (light gray), and 'Higher Activity' (green). The green segment is positioned on the right, indicating a higher activity level.

VDR (Vitamin D)
Likely typical VDR activity

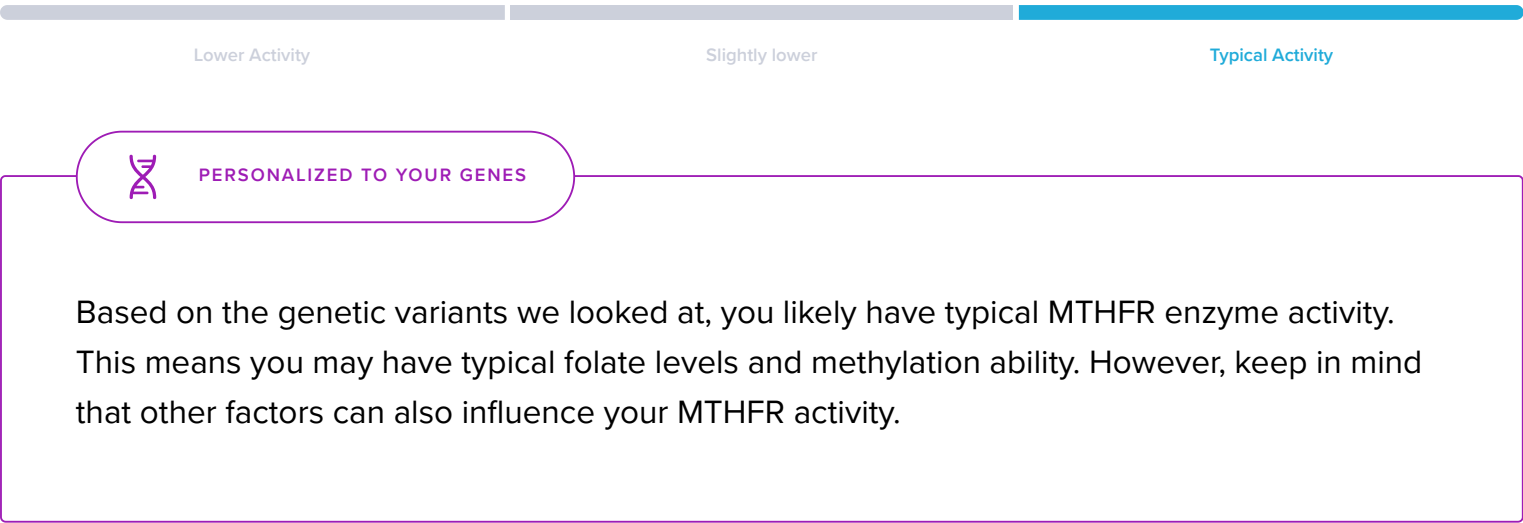
A horizontal bar chart with two segments: 'Lower Activity' (light gray) and 'Typical Activity' (blue). The blue segment is positioned on the right, indicating a typical activity level.

MTHFR

The *MTHFR* gene helps make an enzyme called methylenetetrahydrofolate reductase (MTHFR). MTHFR helps process [folate](#) (vitamin B9). Variants in the *MTHFR* gene can change how the enzyme functions. Two of the most widely studied variants reduce MTHFR enzyme activity [[R](#), [R](#), [R](#), [R](#)].



Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MTHFR	rs1801133	GA
MTHFR	rs1801131	TT

MTHFD1 (Folate/ Methylation)

The [MTHFD1](#) (Methylenetetrahydrofolate dehydrogenase 1) gene codes for an enzyme that metabolizes tetrahydrofolate (THF). It enables the production of nucleotides and [homocysteine](#) methylation [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MTHFD1	rs2236225	GG

MTHFD1L (Folate/ Methylation)

The [MTHFD1L](#) gene helps make an enzyme with a crucial role in the mitochondrial folate pathway. It is responsible for the reaction between 10-formyltetrahydrofolate (C1-THF) and 5,10-methenyl-tetrahydrofolate (5,10-MTHF) [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MTHFD1L	rs11754661	GG
MTHFD1L	rs6922269	GG

MTHFS (Folate/ Methylation)

The [MTHFS](#) gene is essential for the proper function of the folate cycle, which has a central spot in methylation. The enzyme produced by MTHFS converts 5-formyltetrahydrofolate (5-FTHF) to 5,10-methenyl-tetrahydrofolate (5,10-MTHF) [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MTHFS	rs6495446	CC

SHMT1 (Folate/ Methylation)

The **SHMT1** gene helps make an enzyme serine hydroxymethyltransferase (SHMT), This enzyme plays a crucial role in balancing folate groups between the *methylation cycle* (SAM-e production and Hcy removal) and the *folate cycle* (nucleotide production) [R].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
SHMT1	rs1979277	GA

CUBN (Vitamin B12)

The [CUBN](#) gene plays a crucial role in our body's ability to absorb vitamin B12. It encodes for a protein called cubilin, which is essential for the uptake of vitamin B12 in the intestines [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
CUBN	rs1801222	GG

TCN2 (Vitamin B12)

The [TCN2](#) gene encodes transcobalamin, a carrier protein that binds vitamin B12 and facilitates its transport into cells. Once inside the cells, vitamin B12 is a cofactor in critical methylation reactions like converting homocysteine to methionine.

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TCN2	rs1801198	CC

DHFR (Folate/ Methylation)

The [DHFR](#) gene encodes an enzyme called dihydrofolate reductase that plays a key role in folate metabolism. Specifically, it converts dihydrofolate (DHF) into tetrahydrofolate (THF). THF is a methyl group shuttle required for the production of purines and thymidine, both of which are required for DNA synthesis and cell growth [\[R, R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MSH3	rs1650697	GG
MSH3	rs408626	TC

FOLH1 (Folate/ Methylation)

The [FOLH1](#) gene encodes an intestinal enzyme called folate hydrolase 1 that regulates folate levels. Dietary folates mainly exist as polyglutamylfolates, which have to be deconjugated to glutamates by this enzyme to facilitate their absorption [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FOLH1	rs202676	AA

PDXK (Vitamin B6)

The **PDXK** gene helps make pyridoxal kinase, an enzyme that produces **pyridoxal-5'-phosphate (PLP)**, the active form of **vitamin B6**. PLP is crucial for the function of various enzymes involved in methylation, amino acid metabolism, neurotransmitter production, and nutrient metabolism [\[R\]](#), [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PDXK	rs147242481	GG
PDXK	rs2010795	GG

GC (Vitamin D)

The [GC](#) gene encodes the *vitamin D-binding protein* (DBP). This protein enables the storage, transport, and delivery of [vitamin D](#) and its metabolites to target organs [[R](#), [R](#), [R](#)].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GC	rs7041	AC
GC	rs2282679	TT
GC	rs4588	GG

FUT2 (Gut/ Vitamin B12)

The [FUT2](#) gene encodes an enzyme named galactoside 2-alpha-L-fucosyltransferase 2. This enzyme is involved in the production of ABO blood group antigens that are released (secreted) into saliva, mucus, and other fluids of the gut [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FUT2	rs601338	AA
FUT2	rs1047781	AA

FADS1/2 (Fatty Acid Metabolism)

The [FADS1](#) and [FADS2](#) genes encode a protein called fatty acid desaturase (FADS) or delta-5 desaturase (D5D). The FADS protein is an enzyme that plays an integral role in fat metabolism because it’s responsible for the conversion of [polyunsaturated fatty acids](#) (PUFAs) [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FADS2	rs174546	TC
FADS2	rs174547	CT
FADS2	rs174548	GC
FADS2	rs174550	CT

PPARA (Keto Diet)

The [PPARA](#) gene encodes a protein called PPAR- α (short for peroxisome proliferator-activated receptor alpha). PPAR- α is part of the larger PPAR family, which also includes PPAR- γ ([PPARG](#)) and PPAR β/δ ([PPARD](#)). In general, PPARs bind to polyunsaturated fatty acids. However, different fatty acids activate different PPARs, triggering diverse downstream effects [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PPARA	rs1800206	

FTO (Overeating)

[FTO](#) is one of the best-studied genes when it comes to body weight and obesity, hence the name: *fat mass and obesity-associated gene*. It's the first discovered [genetic link to obesity](#) and continues to be the gene with the largest known effect on body weight to this day [[R](#), [R](#), [R](#)].



Your Result

Better

Worse

PERSONALIZED TO YOUR GENES

Based on the variants we looked at, you may be less likely to feel hungry after meals and to overeat. You may also be less likely to eat in the absence of hunger.

Your Gene Table

GENE	VARIANT	GENOTYPE
FTO	rs9939609	TT

TAS2R16 (Bitter Taste/ Longevity)

[TAS2R16](#) is one of dozens of genes that may affect your perception of taste. More specifically, it can make a person more or less sensitive to bitter flavors and foods like [grapefruit](#) and wine [[R](#), [R](#)].

Your Result



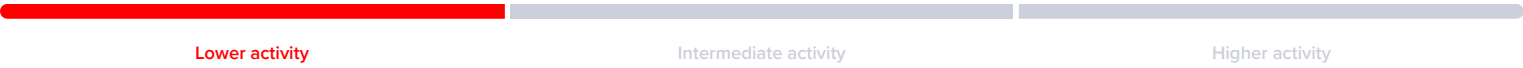
Your Gene Table

GENE	VARIANT	GENOTYPE
TAS2R16	rs860170	TC
TAS2R16	rs978739	CT
TAS2R16	rs6466849	CC

TAS2R38 (Bitter Taste Perception)

[TAS2R38](#), short for taste receptor type 2 member 38, encodes one of the 25 taste receptors that detect bitterness. It is responsible for tasting the bitterness of foods like cabbage and raw broccoli, or drinks like coffee and dark beers [[R](#), [R](#)].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TAS2R38	rs713598	CC
TAS2R38	rs1726866	AG
TAS2R38	rs10246939	TC

APOA2 (Weight, Blood Lipids)

The [APOA2](#) gene codes for apolipoprotein A-II, which builds [HDL](#) cholesterol and regulates fat metabolism. Unlike [apoE](#) and apoB, the exact metabolic roles of apoA-II are still largely unknown [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FCER1G	rs5082	GG

TF (Iron & Cognition)

The transferrin ([TF](#)) gene encodes a protein essential for transporting iron in the bloodstream. Iron is a critical mineral for numerous physiological functions, including oxygen transport, DNA synthesis, and energy production.

Your Result

Typical Activity

Lower Activity

 PERSONALIZED TO YOUR GENES

Based on the gene variant we looked at, you are predisposed to typical TF activity. People with this variant may have typical hemoglobin levels and typical odds of Alzheimer’s disease.

However, keep in mind that other genetic and environmental factors influence your TF activity and cognition.

Your Gene Table

GENE	VARIANT	GENOTYPE
TF	rs1049296	CC

CRY2 (Blood Sugar)

Cryptochrome 2 ([CRY2](#)) plays a crucial role in our circadian rhythms - the daily cycles that govern everything from sleep to metabolism. This gene helps regulate our master biological clock and influences how our bodies process nutrients throughout the day.

Your Result

Worse Genetics

Typical Genetics

Better Genetics

 PERSONALIZED TO YOUR GENES

Based on the gene variant we looked at, you likely have typical CRY2 genetics. People with this variant tend to have higher blood sugar levels.

However, keep in mind that other genetic and environmental factors influence CRY2 activity and blood sugar control.

Your Gene Table

GENE	VARIANT	GENOTYPE
CRY2	rs11605924	CA

MTNR1B (Diet & Blood Sugar)

The [MTNR1B](#) gene provides instructions for making a receptor that responds to melatonin, a hormone that helps regulate our internal body clock, also known as the circadian rhythm. This rhythm controls our sleep-wake cycle and many other processes, including how our bodies manage blood sugar.

Your Result

Lower Activity

Higher Activity

 PERSONALIZED TO YOUR GENES

Based on the gene variant we looked at, you are predisposed to lower MTNR1B activity. People with this variant may have lower blood sugar. Their blood sugar may be less affected by late dinners and early breakfasts, so they may benefit less from intermittent fasting.

However, keep in mind that other genetic and environmental factors influence melatonin release and blood sugar levels.

Your Gene Table

GENE	VARIANT	GENOTYPE
MTNR1B	rs10830963	CC

SLC23A1 (Vitamin C)

Vitamin C needs a special transport system to get into our cells, and [SLC23A1](#) is one of the most important transporters. Think of it like a doorway that lets vitamin C in - it's especially active in our intestines (where we absorb vitamin C from food) and kidneys (where our body tries to keep vitamin C from being lost in urine).

Your Result

Typical Activity

Lower Activity

 PERSONALIZED TO YOUR GENES

Based on the genetic variant we looked at, you are predisposed to typical SLC23A1 activity. People with this variant tend to have typical vitamin C levels.

However, keep in mind that other genetic and environmental factors influence SLC23A1 activity and vitamin C levels.

Your Gene Table

GENE	VARIANT	GENOTYPE
SLC23A1	rs33972313	CC

PNPLA3 (Lipids/ Liver Health)

The [PNPLA3](#) (patatin-like phospholipase domain-containing 3) gene encodes a protein called adiponutrin with key roles in lipid metabolism. Adiponutrin helps regulate the development of fatty cells and the production and breakdown of triglycerides in fatty and liver cells [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
PNPLA3	rs738409	CC

ADIPOQ (Weight/ Blood Sugar)

The [ADIPOQ](#) gene encodes the protein hormone [adiponectin](#). This hormone is the most abundant gene product of fat cells and acts as a messenger molecule in other tissues, especially in the muscles and liver [\[R, R\]](#).

Your Result

Worse Genetics

Typical Genetics

Better Genetics

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have worse ADIPOQ genetics. People with these variants may be more prone to weight and blood sugar control problems.

However, the research on ADIPOQ variants is conflicting. Also, other genetic and environmental factors influence your ADIPOQ activity and metabolic health.

Your Gene Table

GENE	VARIANT	GENOTYPE
ST6GAL1	rs1501299	GT
RFC4	rs17300539	GA
ADIPOQ	rs2241766	TT
RFC4	rs266729	CC

CYP2R1 (Vitamin D)

CYP2R1, also known as vitamin D 25-hydroxylase, is a key enzyme in vitamin D metabolism that plays a crucial role in the first step of vitamin D activation. This gene encodes a member of the cytochrome P450 superfamily of enzymes, which are responsible for catalyzing many reactions involved in drug metabolism and synthesis of cholesterol, steroids, and other lipids.

Your Result

Lower Activity

Typical Activity

 PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you are predisposed to typical CYP2R1 activity. Your CYP2R1 variants are linked to typical levels of active vitamin D.

However, keep in mind that other genetic and environmental factors affect your vitamin D needs.

Your Gene Table

GENE	VARIANT	GENOTYPE
COPB1	rs10741657	GA
COPB1	rs12794714	AG
COPB1	rs10766197	AG
COPB1	rs117913124	GG

TCF7L2 (Blood Sugar/Diet)

The [TCF7L2](#) gene, previously known as TCF4, codes for a vital transcription factor. It controls the expression of other genes in digestive organs such as the gut and pancreas, with a particular role in [glucose metabolism](#) and insulin secretion [[R](#), [R](#)].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
TCF7L2	rs7903146	CT
TCF7L2	rs12255372	GT

FABP2 (Blood Sugar/ Cardiovascular)

The [FABP2](#) gene encodes a protein called fatty acid binding protein 2 that is found throughout the whole intestine and may help with the body’s energy balance. FABP2 absorbs and transports long-chain fatty acids, and helps produce triglyceride-rich lipoproteins. It also senses and adjusts how many fat molecules are available for energy production [\[R, R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FABP2	rs1799883	CC

GCKR (Blood Sugar)

The [GCKR](#) gene codes for the glucokinase regulator. This protein binds to and physically inhibits glucokinase from converting blood sugar to glucose-6-phosphate [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GCKR	rs1260326	TC
GCKR	rs780093	TC
GCKR	rs780094	TC

CD36 (Fat Preference/Weight)

The [CD36](#) (cluster of differentiation 36) gene encodes a receptor (CD36) that transports fatty acids into cells. As a result of this function, fats are transported into new fat cells, taken up into muscle cells for use in energy production, and absorbed from food in the gut [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
CD36	rs1761667	GG

SLC2A2 (Sugar Intake)

The [SLC2A2](#) gene encodes a transporter protein called GLUT2, which moves glucose and other simple sugars in and out of cells [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
SLC2A2	rs5400	GG

GIPR (Blood Sugar)

The [GIPR](#) gene is responsible for encoding a protein with the same name, GIPR (gastric inhibitory polypeptide receptor). The *GIPR* gene and the protein it helps create play an important role in insulin production in the body [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GIPR	rs2287019	CC
GIPR	rs10423928	TT

PPM1K (Blood Sugar/Diet)

The [PPM1K](#) gene helps create a protein named mitochondrial protein phosphatase 1K. This protein plays an important role in the metabolism of certain amino acids called [branched-chain amino acids](#) (BCAAs), such as [leucine](#) [R].

Your Result



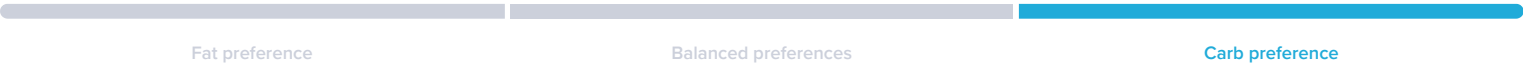
Your Gene Table

GENE	VARIANT	GENOTYPE
PPM1K	rs1440581	TC

FGF21 (Carbs Vs Fats)

The [*FGF21*](#) (Fibroblast growth factor 21) gene codes for a hormone with complex roles in metabolism, thermoregulation, and food preferences. The liver is the primary source of FGF21, where it regulates fat and glucose metabolism, response to [fasting](#), and more [\[R, R, R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
FGF21	rs838133	AA
FGF21	rs838145	GG

TFAP2B (Weight/Diet)

The [TFAP2B](#) gene codes for a protein called *transcription factor AP-2B*, which can control the activity of other genes. TFAP2B influences cell division and programmed death (apoptosis) [\[R\]](#).

Your Result



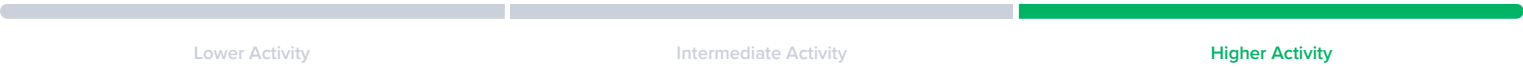
Your Gene Table

GENE	VARIANT	GENOTYPE
TFAP2B	rs987237	AA

MC4R (Weight/ Blood Sugar)

The [MC4R](#) gene encodes the melanocortin 4 (MC4) receptor, which binds alpha-melanocyte-stimulating hormone or a-MSH. The primary location of this receptor is the brain, more precisely the hypothalamus, where it controls food intake, metabolism, reproductive behavior, and more [\[R\]](#).

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
MC4R	rs17782313	TT
MC4R	rs12970134	GG

VDR (Vitamin D)

The [VDR](#) gene is responsible for producing a protein called the vitamin D receptor (also known as VDR or the calcitriol receptor). VDR works by binding to the activated form of [vitamin D](#), which is called *calcitriol*. Once bound together they form a special complex, which has various biological effects [[R](#), [R](#), [R](#)].

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
VDR	rs2228570	GG
VDR	rs1544410	CC
VDR	rs7975232	CC
VDR	rs731236	AA

Your Meal Plan Recipes



CALORIES ~ 490 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of selenium

Buckwheat crepes

1 SERVING

Ingredients

- 1/2 cup buckwheat flour
- 1 large egg
- 1/2 tbsp butter
- 1/4 cup grilled turkey breast, diced

Instructions

Mix flour, 200 ml of water, egg, melted butter, and pinch of salt (if using unsalted butter) in blender or mixing bowl until smooth. Let batter rest for at least 1 hour (up to overnight). Note, for one serving this is only using half of an egg. Doubling other ingredients to utilize whole egg will yield about 6 crepes instead of 3.

Heat non-stick skillet or crepe pan over medium-high heat with small amount of butter. Add 1/3 of batter to pan and tilt/swirl pan to coat bottom with batter. Cook until batter sets and is browned around edges or about 2 minutes. Carefully use rubber spatula to flip and cook an additional 30 seconds. Add more butter (or oil) to pan as needed to cook rest of crepes.

Chop turkey breast into small chunks, divide into thirds and roll it into each crepe.

Allergens: eggs



CALORIES ~ 483 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Muesli with nuts and dried fruit

1 SERVING

Ingredients

- 1/2 cup rolled oats
- 1 tbsp dried cranberries
- 1/2 tbsp honey or maple syrup
- 1 tbsp almonds
- 1 tbsp walnuts
- 1 cup almond milk
- 1 tbsp raisins

Instructions

Preheat the oven to 350°F (180°C).
Spread the rolled oats, almonds, and walnuts in a single layer on a baking sheet.
Bake the oats, almonds, and walnuts for 5-7 minutes or until they are lightly toasted and fragrant.
Remove the baking sheet from the oven and let the oats, almonds, and walnuts cool.
In a large mixing bowl, combine the toasted oats, almonds, walnuts, dried cranberries, and raisins.
Drizzle the honey over the mixture and stir until everything is well coated.
Serve the muesli with almond milk (or any milk or yogurt of your choice) and enjoy!

Allergens: nuts



CALORIES ~ 440 KCAL
CARBS
FAT
PROTEIN

* per serving

Soft-boiled eggs with avocado toast

1 SERVING

Ingredients

- 1/2 an avocado
- 2 large eggs
- 2 slices, gluten-free bread

Instructions

Bring a small pot of water to a rolling boil over high heat. Gently add the eggs to the boiling water and cook for 5 minutes for a soft-boiled egg. While the eggs are cooking, toast 2 slices of gluten-free bread (or a whole-grain bread of your choice) in a toaster or on a skillet until crispy. Cut the avocado in half and remove the pit. Scoop out the flesh into a small bowl and mash it with a fork until it reaches your desired consistency. Once the eggs are cooked, remove them from the boiling water using a slotted spoon and place them in an egg cup or small bowl. Use a spoon to gently crack the top of the eggshell and remove it. Place the soft-boiled eggs on a plate with the toasted bread. Spread the mashed avocado on the toast slices, and sprinkle with salt and pepper to taste. Dip the toast into the soft-boiled egg yolk and enjoy!

Allergens: eggs



CALORIES ~ 390 KCAL
CARBS
FAT
PROTEIN

* per serving

Hummus veggie wrap

1 SERVING

Ingredients

- 1/2 avocado, sliced
- 1 medium carrot
- 1/2 red bell pepper, sliced
- 1/2 cucumber, sliced
- 1 small wheat tortilla
- 3 tbsp hummus
- 1 cup lettuce, shredded

Instructions

Spread the hummus on the tortilla. Note: look up the recipe for hummus if you prefer making your own. It's easy! Layer the avocado, carrots, red pepper, cucumber, and lettuce on top of the hummus. Roll the tortilla tightly and slice it in half diagonally. Serve immediately.

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium



CALORIES ~ 300 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal contains oxalates

Scrambled eggs with spinach and mushrooms

1 SERVING

Ingredients

- 1 cup mushrooms, sliced
- 2 tbsp chopped chives
- 2 large eggs
- 2 cups gresh spinach leaves
- 1 tbsp olive oil

Instructions

Heat the olive oil in a non-stick pan over medium heat.
Add the sliced mushrooms to the pan and sauté them for 2-3 minutes until they are soft and slightly browned.
Add the spinach leaves to the pan and cook for an additional 1-2 minutes until they have wilted.
Crack the eggs into the pan and scramble them with a spatula.
Cook the eggs until they are set to your desired level of doneness.
Season with salt and pepper to taste.
Sprinkle the chopped chives on top of the scrambled eggs.

Allergens: eggs



CALORIES ~ 400 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Grilled chicken and mango salad

1 SERVING

Ingredients

- 1 small tomato
- 4-oz raw chicken breast
- 1 tbsp olive oil
- 1 medium red onion
- 1/2 mango, diced

Instructions

Dice the mango, onion, and tomato into small chunks. Grill the chicken in a grill pan (or sear in a standard pan) over medium high heat abou 4 minutes per side. Dice chicken into chunks of similar size and toss with other ingredients along with olive oil. Season to taste with salt and pepper.



CALORIES ~ 590 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

This meal contains oxalates

Sweet potato and black bean hash

1 SERVING

Ingredients

- 1 small sweet potato
- 1/2 cup canned pinto beans
- 1 medium avocado
- 1 red bell pepper
- 1 egg
- 1/2 onion, diced
- 1 garlic clove
- 1 tbsp olive oil

Instructions

Dice the sweetpotato into small cubes (1 cm), peeled or unpeeled. Drained or cooked pinto beans (about 1/4 can). Dice onion and red bell pepper. Mince one clove of garlic. Slice avocado (half) into thin wedges.

Saute garlic, onion and red bell pepper until onion is just turning translucent with olive oil in skillet over medium-high heat. Feel free to add other seasonings as you see fit. Add sweet potato and cook until just starting to brown or fork tender. Stir in beans and add salt/pepper to taste. Create well in middle for egg, add egg, and cover until the egg is done to your liking.

Allergens: eggs



CALORIES ~ 374 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Tofu scramble

1 SERVING

Ingredients

- 2/3 cups tofu
- 1 tbsp olive oil
- 1 pinch powdered turmeric
- 2 slices gluten-free bread

Instructions

Heat olive oil in a non-stick pan over medium heat. Add crumbled tofu to the pan and stir gently. Add turmeric powder to the pan and continue to stir until the tofu is evenly coated. Cook the tofu for 5-7 minutes, stirring occasionally, until it is slightly browned and crispy. Season with salt and pepper, to taste. Serve with gluten-free bread or other whole-grain bread of your choice



CALORIES ~ 400 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Fruit bowl with chia seeds

1 SERVING

Ingredients

- 1 tbsp chia seeds
- 1/4 cup Blueberries
- 1/4 cup raspberries
- 1 tbsp coconut flakes
- 1/2 cup coconut milk

Instructions

In a bowl, mix the chia seeds and coconut milk together. Stir well to combine. Let the mixture sit for 10 minutes, stirring occasionally, until the chia seeds have absorbed most of the liquid and formed a gel-like consistency. Add the blueberries and raspberries on top of the chia seed mixture. Sprinkle the coconut flakes on top of the fruit. Enjoy your delicious and healthy chia seed and fruit bowl!



CALORIES ~ 510 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Oatmeal with coconut milk and berries

1 SERVING

Ingredients

- 1/2 cup rolled oats
- 1/2 cup coconut milk
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1 tbsp chia seeds

Instructions

Bring 120 ml coconut milk just to a boil and add oats. Reduce heat to medium and simmer until liquid absorbed and place in bowl. Rinse fruit and add to bowl. Sprinkle chia seeds on top. Add dash of coconut milk Optional: add butter and/or honey to taste.



CALORIES ~ 390 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

This meal contains oxalates

Vegetable and bean soup with quinoa

1 SERVING

Ingredients

- 1/4 medium yellow onion
- 1/2 medium carrot, sliced
- 1 garlic clove
- 1/4 cup quinoa
- 1/2 half stalk celery
- 1 small tomato
- 1/4 cup canned red kidney beans
- 1 tbsp lemon juice
- 1 cup fresh spinach leaves
- 1 tbsp olive oil
- 1 tbsp oregano
- 6 basil leaves

Instructions

Rinse the quinoa and cook it according to package instructions. Set aside.

In a large pot, heat the olive oil over medium heat.

Add the chopped onion, carrot, garlic, and celery to the pot and sauté for 5-7 minutes or until the vegetables are soft and fragrant.

Add the chopped tomato to the pot and cook for an additional 5 minutes or until the tomato has broken down and become saucy.

Add the cooked red kidney beans, dried oregano, and chopped basil to the pot and stir to combine.

Add 1 1/2 cups (375ml) of water to the pot and bring the soup to a boil.

Reduce the heat to low and simmer the soup for 10-15 minutes or until the vegetables are tender and the flavors have melded together.

Add the cooked quinoa and spinach to the pot and stir to combine.

Cook for an additional 3-5 minutes or until the spinach has wilted and the soup is heated through.

Season the soup with salt and pepper to taste and squeeze in the juice of half a lemon before serving.



CALORIES ~ 330 KCAL
CARBS
FAT
PROTEIN

* per serving

Spaghetti squash with tomato-basil sauce

1 SERVING

Ingredients

- 1 garlic clove
- 10 basil leaves
- 1 small tomato
- 1 tbsp olive oil
- 1 lb spaghetti squash

Instructions

Preheat the oven to 375°F (190°C).
Cut the spaghetti squash in half lengthwise and scoop out the seeds.
Brush the flesh of the spaghetti squash with 7.5ml of olive oil and season with salt and pepper.
Place the spaghetti squash halves cut-side down on a baking sheet and roast in the oven for 30-40 minutes or until the flesh is tender and can be easily scraped out with a fork.
While the spaghetti squash is cooking, prepare the tomato-basil sauce.
Dice the tomato and finely chop the garlic.
Heat the remaining 7.5ml of olive oil in a saucepan over medium heat.
Add the garlic and sauté for 1-2 minutes or until fragrant.
Add the diced tomato to the saucepan and cook for 5-7 minutes or until the tomato has broken down and become saucy.
Add the fresh basil leaves to the sauce and stir to combine.
Once the spaghetti squash is cooked, scrape out the flesh with a fork to create spaghetti-like strands.
Serve the spaghetti squash topped with the tomato-basil sauce.



CALORIES ~ 357 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Black bean and corn salad

1 SERVING

Ingredients

- 1/2 cup cooked corn
- 1/2 medium avocado
- 1 tbsp lime juice
- 4-5 cherry tomatoes
- 1/2 cup canned black beans
- 1/4 medium red bell pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp pumpkin seeds
- 2 large lettuce leaves

Instructions

In a large bowl, combine the black beans, yellow corn, cherry tomatoes, red pepper, cilantro, and pumpkin seeds.

In a separate small bowl, mash the avocado with a fork until smooth.

Add the lime juice to the mashed avocado and stir until combined.

Pour the avocado dressing over the bean and corn mixture and toss to coat evenly.

Serve the salad on a bed of chopped lettuce.



CALORIES ~ 579 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Lentil and vegetable curry with brown rice

1 SERVING

Ingredients

- 1/2 cup brown rice
- 1/2 cup lentils
- 1/4 medium yellow onion
- 1/2 medium red bell pepper
- 1 small carrot
- 1/2-inch piece ginger
- 1 small tomato
- 1 tbsp green curry paste
- 1 garlic clove
- 1/2 cup coconut milk
- 1 tbsp olive oil

Instructions

Rinse the brown rice and cook it according to package instructions. Set aside.

Rinse the dry lentils and place them in a large pot with 2 cups (500ml) of water. Bring the lentils to a boil and then reduce the heat to low and let them simmer for 20-25 minutes or until they are tender. Drain any excess water and set aside.

In a large pan, heat the olive oil over medium heat.

Add the chopped onion, red bell pepper, carrot, garlic, and grated ginger to the pan and sauté for 5-7 minutes or until the vegetables are soft.

Add the chopped tomato and green curry paste to the pan and stir to combine.

Add the cooked lentils and coconut milk to the pan and stir to combine.

Cook for an additional 5-10 minutes or until the sauce has thickened and the flavors have melded together.

Season the curry with salt and pepper to taste.

Serve the lentil and vegetable curry over the cooked brown rice.



CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

This meal contains oxalates

Roasted vegetables with quinoa and hummus

1 SERVING

Ingredients

- 1/4 cup quinoa
- 1 small beetroot
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1/4 cup sweet potato
- 1 small carrot
- 1 garlic clove
- 1/4 cup canned chickpeas
- 1 tbsp tahini
- 1 tbsp lemon juice

Instructions

Rinse the quinoa and cook it according to package instructions. Set aside.

Preheat the oven to 400°F (200°C).

In a large bowl, toss the cubed sweet potato, sliced carrot, cubed beet, and broccoli florets with the olive oil to coat.

Spread the vegetables out in a single layer on a baking sheet.

Roast the vegetables in the preheated oven for 20-25 minutes, stirring halfway through, until they are tender and slightly caramelized.

In a food processor or blender, combine the chickpeas, lemon juice, tahini, minced garlic, salt, and pepper.

Blend the ingredients until smooth.

If the hummus is too thick, add water a tablespoon at a time until it reaches the desired consistency.

Taste the hummus and adjust the seasoning with salt, pepper, or lemon juice as needed.

To assemble the dish, place the cooked quinoa in a bowl and top with the roasted vegetables.

Add dollops of hummus on top of the vegetables.

Serve warm.



CALORIES ~ 350 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of selenium

Spicy shrimp and avocado salad

1 SERVING

Ingredients

- Juice of one lime
- 1 tbsp olive oil
- 2 tbsp fresh cilantro, chopped
- 8 large shrimp, peeled and deveined
- 1/2 medium avocado, diced
- 1/2 medium red onion , thin sliced
- 1/2 medium tomato, diced
- 1/2 medium cucumber, diced

Instructions

Heat a non-stick pan over medium heat. Add the shrimp and cook for 2-3 minutes on each side, or until they are pink and cooked through. Remove from heat and set aside.

In a large bowl, combine the avocado, tomato, cucumber, and red onion.

In a small bowl, whisk together the lime juice, cilantro, olive oil, salt, pepper, and cayenne pepper (if using).

Pour the dressing over the vegetables and toss gently to combine.

Add the cooked shrimp to the bowl and gently toss everything together.

Serve immediately.

Allergens: shellfish



CALORIES ~ 620 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Tuna poke bowl

1 SERVING

Ingredients

- 1/2 medium cucumber, peeled and diced
- 1 small can of tuna in water, drained and flaked
- 1 medium avocado, diced
- 1/2 cup uncooked sushi rice
- 1/2 tbsp honey or maple syrup
- 1 small green onion, thinly sliced
- 1 tbsp sesame seeds
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 garlic clove, minced

Instructions

Rinse the sushi rice several times until the water runs clear, then drain.

Combine the rice and water in a medium saucepan and bring to a boil over high heat.

Reduce the heat to low, cover the pan, and simmer for 15-20 minutes until the water is fully absorbed and the rice is tender.

Remove the pan from the heat and let the rice rest, covered, for 10 minutes.

In a small bowl, whisk together the ingredients for the marinade: soy sauce, rice vinegar, honey, sesame oil, and garlic.

In a bowl, combine the drained tuna, diced avocado, diced cucumber, and thinly sliced green onions.

Pour the marinade over the tuna mixture and toss to combine.

Top the rice with the marinated tuna mixture.

Sprinkle the bowl with 1 tablespoon of sesame seeds.

Serve and enjoy!

Allergens: fish



CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Chickpea and vegetable tagine

1 SERVING

Ingredients

- 1/3 cup buckwheat
- 1/4 medium yellow onion
- 1/2 cup canned chickpeas
- 1 medium carrot
- 1/2 medium zucchini
- 1 garlic clove
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp parsley
- 1 tbsp rice flour

Instructions

Rinse the buckwheat and cook it according to package instructions. Set aside.

In a large pan or tagine, heat the olive oil over medium heat.

Add the chopped onion and minced garlic to the pan and sauté for 2-3 minutes or until the onion is translucent.

Add the chopped carrot, zucchini, and tagine seasoning blend to the pan and sauté for 5-7 minutes or until the vegetables are tender.

Add the chickpeas to the pan and stir to combine.

In a small bowl, whisk together the rice flour and water to make a slurry. Pour the slurry over the vegetables and chickpeas and stir to combine.

Add the lemon juice to the pan and stir to combine.

Cook for an additional 2-3 minutes or until the sauce has thickened.

Season the tagine with salt and pepper to taste.

Serve the chickpea and vegetable tagine over the cooked buckwheat and sprinkle with chopped parsley.



CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal contains oxalates

Grilled salmon with sweet potatoes

1 SERVING

Ingredients

- 1 medium sweet potato
- 10 trimmed asparagus spears
- 1 tbsp olive oil
- 5-oz salmon fillet

Instructions

Peel the sweet potatoes and cut in wedges. Drizzle with olive oil, season with salt and pepper, and bake in the oven for 15-25 minutes. Bring a pot of water to boil and blanch the asparagus for 10 seconds. Sauté in olive oil and set aside. Season the salmon with olive oil, salt, and pepper, and grill for 10-12 minutes (5-6 on each side).

Allergens: fish



CALORIES ~ 432 KCAL
CARBS
FAT
PROTEIN

* per serving

Ceviche

1 SERVING

Ingredients

- Juice of 4 limes
- 2 medium tomatoes, diced
- 1 medium cucumber, diced
- 1 medium avocado, diced
- 8 ounces red snapper, cut into small pieces
- 2 tbsp fresh cilantro, chopped
- 1/2 cup cooked corn
- 1/2 medium red onion, diced

Instructions

In a medium bowl, combine the snapper and lime juice. Make sure the fish is fully covered by the juice. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes, or until the fish is opaque and has a slightly firm texture.

After the fish is marinated, drain off the excess lime juice.

Add the tomato, cucumber, avocado, red onion, and cilantro to the bowl with the snapper. Toss everything gently to combine.

Add salt and pepper to taste.

Serve in a bowl with the corn on top.

Allergens: fish



CALORIES ~ 570 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Barley risotto with mushrooms

1 SERVING

Ingredients

- 4-5 spears trimmed asparagus
- 1/2 cup pearl barley
- 1 cup vegetable broth
- 1 cup portobello mushrooms
- 1 tbsp olive oil
- 1/4 cup grated Parmesan cheese
- 1 tbsp butter

Instructions

Rinse the pearl barley in cold water and drain.

Heat 15ml of olive oil in a saucepan over medium heat. Add the sliced mushrooms and sauté for 3-4 minutes, until tender and slightly browned.

Add the rinsed pearl barley to the pan, and stir for 1-2 minutes until lightly toasted.

Gradually add vegetable broth to the pan, stirring constantly. Once the liquid has been absorbed, add more broth and repeat until the barley is cooked and the risotto is creamy. This should take approximately 30-35 minutes.

Meanwhile, blanch the asparagus in boiling water for 2-3 minutes, then drain and set aside.

Once the barley is cooked, stir in 1 tablespoon of butter and 20g of grated Parmesan cheese.

Serve the barley risotto in a bowl, and top with sautéed mushrooms and asparagus pieces.



CALORIES ~ 640 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Black bean and quinoa salad

1 SERVING

Ingredients

- 1/2 cup quinoa
- 1/2 cup canned pinto beans
- 1/2 medium avocado
- 2 tbsp cilantro
- 1/4 medium red onion, diced
- 1 tbsp lime juice
- 1 garlic clove, minced

Instructions

Rinse the quinoa and drain well. In a medium saucepan, bring 1 cup (240ml) of water to a boil. Add the quinoa and a pinch of salt. Reduce the heat to low, cover, and simmer for 15-20 minutes, or until the quinoa is tender and the water is absorbed.

In a small bowl, whisk together the olive oil, minced garlic, fresh lime juice, and a pinch of salt and pepper.

In a large mixing bowl, combine the cooked quinoa, rinsed pinto beans, diced avocado, chopped cilantro, and diced red onion. Pour the lime dressing over the top and toss to combine.

Season the salad with additional salt and pepper to taste. Serve immediately or chill in the refrigerator until ready to serve.



CALORIES ~ 484 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Chicken tagine

1 SERVING

Ingredients

- 1/4 medium onion, chopped
- 1/2 cup diced carrot
- 4-5 green olives
- 5-oz raw chicken breast, skinless and chopped
- 1 garlic clove
- 1 tbsp olive oil
- 1 tbsp fresh parsley
- 1 tbsp whole-wheat flour
- 1 tbsp tagine seasoning
- 2 tsp honey or maple syrup
- 1/4 medium lemon

Instructions

In a bowl, mix together the chicken pieces, whole-wheat flour, and tagine seasoning blend until the chicken is coated.

Heat the olive oil in a tagine or a heavy-bottomed pot over medium heat.

Add the chicken and cook until browned on all sides, about 5 minutes.

Add the onion, garlic, and sliced carrots, and cook until the vegetables are tender, about 5-7 minutes.

Pour in 150 ml water and bring to a boil. Reduce the heat and let the mixture simmer for 15-20 minutes or until the chicken is cooked through.

Add the green olives, sliced lemon, honey, and chopped parsley. Cook for an additional 5 minutes.

Serve hot with a side of couscous or bread.



CALORIES ~ 384 KCAL
CARBS
FAT
PROTEIN
* per serving

Grilled portobello mushrooms with vegetables

1 SERVING

Ingredients

- 2 stalks green onion
- 2/3 cup cherry tomatoes
- 7 spears trimmed asparagus
- 2 tbsp olive oil
- 1 medium green bell pepper, diced
- 4 portobello mushrooms caps

Instructions

Preheat the grill or a grill pan to medium-high heat.

Brush the portobello mushroom caps with 1/2 tablespoon (7.5ml) of olive oil and season with salt and pepper.

Grill the portobello mushrooms for 3-4 minutes on each side or until tender and lightly charred.

While the mushrooms are grilling, prepare the roasted vegetables.

Preheat the oven to 400°F (200°C).

Slice the green onion into 1-inch pieces and halve the cherry tomatoes.

Toss the sliced bell pepper, asparagus spears, green onion, and cherry tomatoes with the remaining 1/2 tablespoon (7.5ml) of olive oil and season with salt and pepper.

Arrange the vegetables in a single layer on a baking sheet and roast in the oven for 15-20 minutes or until tender and lightly caramelized.

Serve the grilled portobello mushrooms with the roasted vegetables on the side.



CALORIES ~ 348 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Vegetable and brown rice stir-fry

1 SERVING

Ingredients

- 1/2 cup brown rice
- 1 cup broccoli florets
- 1/2 medium Green bell pepper
- 1 garlic clove
- 1/4 medium yellow onion
- 1/2 medium zucchini
- 1 tbsp olive oil
- 1 tbsp fresh parsley

Instructions

Heat the olive oil in a large skillet or wok over medium-high heat. Add the broccoli florets, sliced bell pepper, sliced onion, and sliced zucchini to the skillet. Stir-fry the vegetables for 4-5 minutes until they are tender but still crisp. Add the minced garlic to the skillet and stir-fry for another 30 seconds. Add the cooked brown rice to the skillet and stir-fry for 2-3 minutes until the rice is heated through. Season the stir-fry with salt and pepper to taste. Transfer the stir-fry to a bowl and sprinkle with chopped fresh parsley.



CALORIES ~ 420 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Oat and raisin cookies

2 SERVINGS

Ingredients

- 1/4 cup whole-wheat flour
- 1/4 cup rolled oats
- 2 tbsp raisins
- 1/4 tsp cinnamon
- 1 tbsp butter
- 1 tbsp brown sugar
- 1/4 large egg

Instructions

Preheat the oven to 180°C/350°F.

In a mixing bowl, combine the whole-wheat flour, rolled oats, raisins, and cinnamon.

In a separate bowl, cream together the softened butter and brown sugar until light and fluffy.

Add the beaten egg to the butter and sugar mixture and stir until well combined.

Add the dry ingredients to the wet ingredients and mix until just combined.

Roll the dough into 6-8 balls and place them on a lined baking sheet.

Bake for 10-12 minutes, or until golden brown.

Remove the cookies from the oven and allow them to cool on a wire rack.

Enjoy your delicious oat and raisin cookies!

Allergens: eggs



CALORIES ~ 310 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal contains oxalates

Baked vegetable chips

1 SERVING

Ingredients

- 1 medium beetroot, sliced
- 1 medium zucchini, sliced
- 1 small parsnip, sliced
- 1 small sweet potato, sliced
- 1 tbsp olive oil

Instructions

Preheat the oven to 375°F (190°C).

Slice the vegetables thinly using a mandoline or a sharp knife.

In a large bowl, toss the vegetable slices with olive oil to coat evenly.

Arrange the vegetable slices in a single layer on a baking sheet lined with parchment paper.

Bake for 15-20 minutes or until the edges are golden brown and crispy.

Remove from the oven and let cool for a few minutes before serving.

Salt and pepper to taste.



CALORIES ~ 545 KCAL
CARBS
FAT
PROTEIN
* per serving

Calçots with romesco sauce

1 SERVING

Ingredients

- 10-12 spring onions
- 2 roasted red bell pepper
- 3 tbsp almonds
- 2 sun-dried tomatoes
- 1 tbsp red wine vinegar
- 1 garlic clove, minced
- 1/4 tbsp cayenne pepper
- 2 tbsp olive oil

Instructions

Preheat the grill to high heat.
Wash the spring onions and trim the roots. Grill the spring onions until charred and tender, about 10-15 minutes.
While the spring onions are grilling, make the romesco sauce. In a blender or food processor, combine the roasted red pepper, almonds, sun-dried tomatoes, garlic, red wine vinegar, and cayenne pepper. Pulse until coarsely chopped.
With the blender running, slowly pour in the olive oil until the sauce is smooth and creamy.
Serve the grilled spring onions with the romesco sauce on the side for dipping. Enjoy!

Allergens: nuts



CALORIES ~ 220 KCAL
CARBS
FAT
PROTEIN
* per serving

Grilled turkey roll-ups

1 SERVING

Ingredients

- 2-3 slices grilled turkey breast
- 1 small wheat tortilla
- 1/4 green onion, chopped
- 1/4 green bell pepper, thinly sliced
- 1 tbsp cream cheese

Instructions

Spread cream cheese on each tortilla.
Layer 3 slices of grilled turkey on each tortilla.
Sprinkle the chopped green onion and thinly sliced bell pepper on top of the turkey.
Roll up the tortillas tightly.
Cut the roll-ups into slices and serve.

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium



CALORIES ~ 157 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —
* per serving

Fresh fruit salad with honey and mint

1 SERVING

Ingredients

- 1/2 cup strawberries, halved
- 1/2 cup peaches, sliced
- 1/2 cup watermelon, cubed
- 1/2 cup green grapes
- 4-5 leaves peppermint
- 2 tsp honey or maple syrup

Instructions

Rinse the peach, strawberries (2-3 large berries), and grapes
Dice the peaches, strawberries, and watermelon into small, bite-sized chunks.
Finely chop the peppermint (about 3-4 leaves) and toss lightly with fruit in a bowl.
Drizzle with honey to taste.



CALORIES ~ 252 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —
* per serving

Carrot sticks with guacamole

1 SERVING

Ingredients

- 1 medium avocado
- 1/4 medium red onion
- 1/2 medium tomato
- 1 tbsp lime juice
- 3 medium carrots
- 1 tbsp cilantro

Instructions

Cut the avocado in half and remove the pit. Scoop out the flesh into a bowl.
Mash the avocado with a fork until it reaches your desired consistency.
Finely chop the red onion, tomato, and cilantro leaves.
Add the chopped onion, tomato, cilantro leaves, and lime juice to the bowl with the mashed avocado.
Season with salt and pepper to taste, then mix everything together until well combined.
For the carrot sticks:
Peel and cut the carrots into sticks.
Serve the carrot sticks with the guacamole on the side.



CALORIES ~ 290 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Roasted chickpeas with chili and lime

1 SERVING

Ingredients

- 1/2 cup raw chickpeas
- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 lime, juiced

Instructions

Preheat the oven to 200°C.
Spread the chickpeas out on a baking sheet and drizzle with olive oil.
Sprinkle the chili powder over the chickpeas and toss to coat evenly.
Roast in the oven for 20-25 minutes, or until crispy and golden brown.
Remove from the oven and drizzle with lime juice.
Serve hot or at room temperature.



CALORIES ~ 135 KCAL
CARBS
FAT
PROTEIN

* per serving

Apple slices with honey and cinnamon

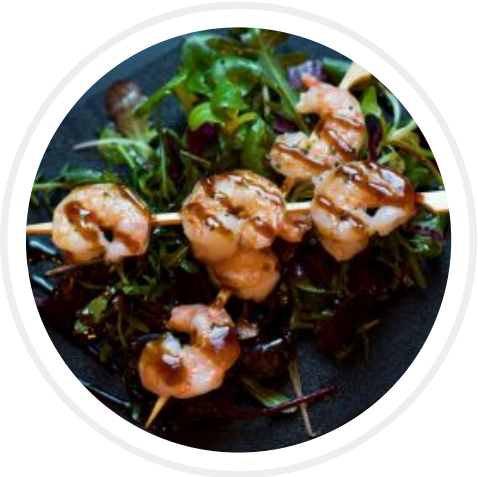
1 SERVING

Ingredients

- 1 tsp honey or maple syrup
- 1 small apple
- 1 tsp cinnamon

Instructions

Rinse the apple under running water and pat it dry with a clean towel. Core the apple and slice it into thin wedges.
In a small bowl, mix the honey and cinnamon until well combined.
Dip the apple slices into the honey and cinnamon mixture, making sure to coat each slice evenly.
Arrange the apple slices on a plate and sprinkle any remaining cinnamon and honey mixture on top.
Serve and enjoy!



CALORIES ~ 255 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of selenium

Cilantro lime shrimps

1 SERVING

Ingredients

- 2 garlic cloves, minced
- 1/2 cup raw shrimp, peeled and deveined
- Juice of 1 lime
- 1 tbsp fresh cilantro leaves, chopped
- 1 tbsp olive oil

Instructions

In a small bowl, whisk together the lime juice, minced garlic, cilantro leaves, and olive oil. Place the shrimp in a separate bowl and pour the lime-cilantro marinade over the shrimp, making sure each piece is coated. Let the shrimp marinate in the fridge for at least 10 minutes. Heat a non-stick skillet over medium-high heat. Once hot, add the marinated shrimp and cook for 2-3 minutes per side or until the shrimp turns pink and is fully cooked. Serve the shrimp hot with your favorite side dish, such as rice, quinoa, or a salad.

Allergens: shellfish



CALORIES ~ 675 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Pizza all’ortolana

1 SERVING

Ingredients

- 3/4 cups whole-wheat flour
- 1/2 tsp yeast
- 1/2 cup tomato sauce
- 1/2 cups mozzarella cheese, sliced
- 1 tbsp olive oil
- 10 basil leaves
- 1 small eggplant, sliced
- 1/2 medium zucchini, sliced
- 1/2 medium red bell pepper

Instructions

Preheat oven to 200°C.

In a large mixing bowl, combine the whole-wheat flour and yeast. Gradually add 50ml of water and mix until a dough forms.

Knead the dough for about 5 minutes, then roll it out into a thin crust.

Spread the tomato sauce over the crust, leaving a 1cm border around the edge.

Place the sliced mozzarella over the tomato sauce.

Arrange the sliced eggplant, zucchini, and red pepper on top of the mozzarella.

Drizzle with olive oil and sprinkle with torn basil leaves.

Bake the pizza for 15-20 minutes, or until the crust is crispy and the cheese is melted and bubbly.

Slice and serve hot.



CALORIES ~ 544 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

This meal contains oxalates

Chicken and vegetable couscous

1 SERVING

Ingredients

- 1 medium zucchini, diced
- 1/3 cup couscous
- 1/2 medium onion, diced
- 2 small carrots, diced
- 1 medium sweet potato, diced
- 1 raw chicken thigh
- 1 tbsp olive oil

Instructions

Preheat the oven to 200°C.

In a small pot, bring 75ml of water to a boil. Once boiling, remove from heat and add the couscous, stirring once. Cover the pot and let it sit for 5 minutes.

In the meantime, place the diced zucchini, carrots, sweet potato, onion, and chicken on a baking sheet. Drizzle with olive oil and toss to coat.

Bake the vegetables and chicken in the preheated oven for 20-25 minutes, until the vegetables are tender and the chicken is cooked through.

Fluff the couscous with a fork and transfer it to a large mixing bowl. Add the roasted vegetables and chicken, and mix well.

Serve immediately or chill in the refrigerator for later.



CALORIES ~ 350 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Blueberry banana smoothie

1 SERVING

Ingredients

- 1/2 cup blueberries
- 1 large, ripe banana
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds

Instructions

Peel the banana and place it in a blender.

Add the blueberries, almond milk, and chia seeds to the blender.

Blend the ingredients until smooth and creamy, adding more almond milk if needed to reach your desired consistency.

Pour the smoothie into a glass and enjoy!

Allergens: nuts



CALORIES ~ 584 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Zucca ripiena

1 SERVING

Ingredients

- 1 tsp rosemary
- 1 small pumpkin
- 2 tbsp black olives
- 1/4 cup canned chickpeas
- 3/4 cups cherry tomatoes, halved
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp thyme
- 1 tsp oregano
- 1/4 cup canned white beans

Instructions

Preheat your oven to 180°C.

Cut off the top of the pumpkin and scoop out the seeds and fibrous flesh from the inside.

In a mixing bowl, combine the black olives, small white beans, cherry tomatoes, chickpeas, minced garlic, olive oil, thyme, oregano, and rosemary. Mix well.

Fill the pumpkin with the mixture and cover with the pumpkin top.

Place the pumpkin on a baking dish and bake in the oven for about 1 hour or until the pumpkin is soft when pierced with a fork.

Remove from the oven and let it cool for a few minutes before serving. Cut into slices and enjoy!



CALORIES ~ 580 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of selenium

Granola with dried fruits and nuts

1 SERVING

Ingredients

- 1/2 cup rolled oats
- 2 tbsp dried cranberries
- 2 tbsp raisins
- 1 tbsp almonds
- 2 tbsp coconut flakes
- 1 tbsp cashews
- 1/2 tbsp honey or maple syrup

Instructions

Preheat the oven to 160°C.
In a bowl, mix together the rolled oats, dried cranberries, raisins, coconut flakes, honey, almonds, and cashews.
Spread the mixture on a baking sheet lined with parchment paper.
Bake in the oven for 20-25 minutes, stirring occasionally, until the granola is golden brown.
Let the granola cool completely, then store in an airtight container.

Allergens: nuts



CALORIES ~ 500 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

This meal contains oxalates

Chili sin carne

1 SERVING

Ingredients

- 2 garlic cloves, minced
- 1/2 medium onion, chopped
- 1/2 medium green bell pepper, diced
- 1 cup sweet potatoes, diced
- 1/2 medium red bell pepper, diced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1 medium tomato
- 1/2 cup canned pinto beans
- 1/2 cup canned red kidney beans
- 1 tbsp oregano
- 1 tsp cumin
- 1/2 tsp paprika

Instructions

Heat a non-stick pan over medium-high heat. Add the onion and garlic, and cook until the onion is translucent, about 2-3 minutes.

Add the sweet potato, red and green pepper, and cook for about 5 minutes or until the vegetables are slightly tender.

Add the tomato, pinto beans, and red kidney beans, along with cumin, oregano, and paprika. Cook for another 5 minutes.

Add the parsley and cilantro, and cook for an additional 2-3 minutes.

Serve hot and top with crushed tortilla chips or potatoe chips (**optional**).



CALORIES ~ 432 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Tofu and vegetable stir-fry

1 SERVING

Ingredients

- 1 tbsp canola oil
- 3/4 cups extra firm tofu, drained and pressed
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1/2 medium onion
- 2 small carrots, sliced
- 1 cup broccoli florets
- 2 cups Chinese cabbage, chopped

Instructions

Cut the tofu into bite-sized pieces.
Heat a wok or large frying pan over medium-high heat and add the canola oil.
Add the tofu and stir-fry for 2-3 minutes until lightly browned. Remove from the pan and set aside.
Add the onion and carrots to the pan and stir-fry for 2-3 minutes until they start to soften.
Add the broccoli florets, red and yellow bell pepper and stir-fry for another 2-3 minutes.
Finally, add the Chinese cabbage and stir-fry for another 1-2 minutes until it wilts.
Return the tofu to the pan and stir everything together for a final minute.
Salt and pepper to taste or sprinkle with soy sauce.
Serve hot.



CALORIES ~ 559 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Roasted vegetable lasagna

1 SERVING

Ingredients

- 1 medium eggplant
- 1 medium tomato
- 1 small onion
- 1/2 cups tomato sauce
- 1/4 cups mozzarella cheese, grated
- 1 small carrot, shredded
- 1 medium zucchini
- 1/4 head cauliflower
- 1 stalk celery
- 2 lasagna sheets
- 1 garlic clove

Instructions

Preheat the oven to 200°C (400°F).
Cut the zucchini, eggplant, cauliflower, tomato, and carrot into thin slices.
Finely chop the onion, garlic, and celery.
Toss the vegetables in olive oil and spread them out on a baking sheet. Sprinkle with dried oregano.
Roast in the preheated oven for 20-25 minutes, until the vegetables are tender and slightly browned.
Cook the lasagna sheets in boiling water according to package instructions, then drain.
Assemble the lasagna by placing a layer of roasted vegetables in the bottom of an oven-safe dish.
Top with a layer of cooked lasagna sheets, followed by a layer of tomato sauce.
Repeat the layers, finishing with a layer of tomato sauce on top. Sprinkle with grated mozzarella cheese.
Bake in the oven for 25-30 minutes, until the cheese is melted and golden brown.
Let cool for a few minutes before serving.



CALORIES ~ 540 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Vegan banana pancakes

1 SERVING

Ingredients

- 1 ripe banana
- 1/2 cup unsweetened almond milk
- 1/2 cup oat flour
- 1 tbsp olive oil
- 1 tbsp maple syrup

Instructions

In a mixing bowl, mash the banana with a fork until it has a smooth consistency. Add the almond milk and maple syrup and mix until well combined. Add the oat flour and mix until you have a smooth batter. Heat a non-stick pan over medium heat and spray with cooking spray or oil. Pour the batter onto the pan, about 1/4 cup at a time, and cook until the edges start to dry and the surface is bubbly. Flip the pancake and cook for another minute or until lightly browned on both sides. Repeat with the remaining batter, adjusting the heat as necessary. Serve the pancakes warm with your favorite toppings.

Allergens: nuts



CALORIES ~ 500 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

Banana bread

1 SERVING

Ingredients

- 2 tsp brown sugar
- 1 ripe banana
- 1/2 cup whole-wheat flour
- 2 tsp butter
- 1 medium egg

Instructions

Preheat the oven to 350°F (175°C). Mash the banana in a mixing bowl. Add the melted butter and brown sugar to the mashed banana and stir to combine. Beat the egg and add it to the bowl, mixing well. Add the whole-wheat flour to the bowl and stir until just combined. Pour the batter into a greased loaf pan. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. Let the banana bread cool for a few minutes in the pan before removing it and slicing it.

Allergens: eggs



CALORIES ~ 400 KCAL
CARBS
FAT
PROTEIN
* per serving

Tacos with tofu

1 SERVING

Ingredients

- 2 wheat tortillas
- 1/4 medium avocado
- 1/4 medium red bell pepper
- 1/4 medium green bell pepper
- 1/2 medium onion
- 1 tbsp fresh cilantro, chopped
- 3 oz extra firm tofu

Instructions

Cut the tofu into small cubes and season with salt and pepper to taste.
Heat a non-stick skillet over medium-high heat and add the tofu cubes. Cook for 5-7 minutes or until crispy, stirring occasionally.
While the tofu is cooking, thinly slice the red pepper, green pepper, and onion.
Warm the tortillas in the microwave for 15-20 seconds or in a dry skillet over medium-high heat for 10-15 seconds on each side.
Assemble the tacos by dividing the crispy tofu, sliced red pepper, green pepper, and onion evenly between the two tortillas.
Top each taco with slices of avocado and a few cilantro leaves.



CALORIES ~ 455 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Curry lentil soup

1 SERVING

Ingredients

- 1/3 cups lentils
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 small carrot, chopped
- 1 tbsp olive oil
- 4 garlic cloves
- 1 tbsp grated ginger
- 1/2 medium tomato, chopped
- 1 tbsp green curry paste
- 1/2 cup coconut milk

Instructions

Rinse lentils and soak them in water for at least 1 hour.

In a medium pot, heat olive oil over medium heat. Add onion, red pepper, carrots, garlic, and ginger. Sauté for 5-7 minutes, or until the vegetables are tender.

Add chopped tomato and sauté for another 2-3 minutes.

Add drained lentils, green curry paste, water, and coconut milk. Stir well to combine.

Bring the soup to a boil, then reduce heat to low and simmer for about 20-25 minutes, or until the lentils are tender.

Season with salt and pepper to taste.

Serve hot and enjoy!



CALORIES ~ 349 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Greek salad

1 SERVING

Ingredients

- 1/4 cup feta cheese, crumbled
- 1/4 medium red onion
- 2 tbsp black olives
- 1 tbsp olive oil
- 1 large tomato
- 1 medium cucumber

Instructions

Wash and chop the tomato into bite-sized pieces.
Wash and chop the cucumber into bite-sized pieces.
Peel and thinly slice the red onion.
Crumble the feta cheese.
Add the tomato, cucumber, red onion, and black olives to a salad bowl.
Drizzle with olive oil.
Toss the salad ingredients together.
Add the crumbled feta cheese on top.
Serve immediately.



CALORIES ~ 407 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Veggie burger

1 SERVING

Ingredients

- 1 large portobello mushroom cap
- 1 lettuce leaf
- 1 garlic clove, minced
- 1 small shallots
- 1/2 medium or 1 small tomato
- 2 small pickles
- 1/2 cup walnuts
- 1 small whole-wheat bun

Instructions

Preheat the oven to 375°F (190°C).
Remove the stem from the portobello mushroom and scrape out the gills with a spoon.
Finely chop the garlic and shallot.
Toast the walnuts in a dry pan over medium heat for 5-7 minutes, stirring occasionally, until fragrant and lightly browned.
In a food processor, combine the mushroom, garlic, shallot, and walnuts. Pulse until the mixture is finely chopped and well combined.
Form the mixture into a patty and place it on a baking sheet lined with parchment paper.
Bake for 20-25 minutes, until the patty is firm and lightly browned.
Slice the tomato and pickles.
Toast the burger bun.
Assemble the burger with the patty, tomato, lettuce, and pickles.

Allergens: nuts



CALORIES ~ 519 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

This meal contains oxalates

Andalusian-style spinach and chickpeas

1 SERVING

Ingredients

- 4 cups fresh spinach
- 1 tsp cumin
- 1 tsp paprika
- 1 slice whole-wheat bread
- 1/2 cup canned chickpeas
- 2 tbsp olive oil
- 2 garlic cloves

Instructions

Wash the spinach and drain it well.

Heat 1 tablespoon of olive oil in a pan over medium heat. Add the minced garlic, ground cumin, and paprika. Cook for about 1-2 minutes, stirring frequently, until fragrant.

Add the chickpeas to the pan and stir to coat them in the spice mixture. Cook for another 2-3 minutes.

Add the spinach to the pan and stir to combine with the chickpeas. Cook for another 3-5 minutes until the spinach is wilted and cooked through.

Toast the whole-wheat bread and cut it into small cubes.

Serve the spinach and chickpeas in a bowl, drizzle with the remaining 1 tablespoon of olive oil, and sprinkle with the toasted bread cubes.



CALORIES ~ 480 KCAL
CARBS
FAT
PROTEIN
* per serving

Falafel

1 SERVING

Ingredients

- 1 tsp cumin, ground
- 1/2 tbsp sesame seeds
- 2 tsp olive oil
- 1/2 cups chickpea flour
- 1 tbsp parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1/2 tbsp fresh dill, chopped
- 1 garlic clove, minced

Instructions

In a mixing bowl, combine the chickpea flour, parsley, cilantro, dill, garlic, cumin, sesame seeds, salt, and pepper.

Add enough water to the bowl and mix until you have a thick and sticky batter.

Let the batter rest in the refrigerator for at least 30 minutes.

Using a small cookie scoop or spoon, form small balls of the mixture.

Heat some vegetable oil in a frying pan over medium-high heat.

Fry the falafel balls in the hot oil until they are crispy and golden brown, about 2-3 minutes per side.

Remove the falafel from the pan and place them on a paper towel to remove excess oil.

Serve the falafel hot, as a snack or in a pita bread with some tzatziki or hummus.



CALORIES ~ 299 KCAL
CARBS
FAT
PROTEIN
* per serving

Caprese skewers

1 SERVING

Ingredients

- 2/3 cups cherry tomatoes
- 2/3 cups mozzarella cheese, cubed
- 10 basil leaves

Instructions

Cut the mozzarella into small cubes.

Wash the cherry tomatoes and pat them dry with a paper towel.

Wash the basil leaves and set them aside.

Thread the cherry tomatoes, mozzarella cubes, and basil leaves onto skewers in any order you prefer.

Optional: drizzle with olive oil

Serve immediately.

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium



CALORIES ~ 235 KCAL
CARBS
FAT
PROTEIN
* per serving

Vietnamese summer rolls

1 SERVING

Ingredients

- 2 rice paper wrappers
- 1 cup lettuce, shredded
- 1 small carrot, sliced
- 1/4 cups fresh cilantro, chopped
- 1/4 cups peppermint leaves, chopped
- 1/2 matchstick cucumber, sliced
- 10 basil leaves, chopped
- 1/8 cup soybean noodles
- Juice of 1 lime

Instructions

Cook the soybean noodles according to the package instructions, and set them aside to cool. Prepare the vegetables: wash and chop the basil, cilantro, peppermint, cucumber, carrot, and lettuce.

Fill a shallow dish with warm water. Dip one rice paper wrapper in the water for about 10-15 seconds until it softens.

Carefully transfer the rice paper wrapper to a plate. Place some of the cooked soybean noodles on the lower third of the wrapper, leaving about an inch of space on both sides.

Add some of the vegetables on top of the noodles: cucumber, carrot, lettuce, basil, cilantro, and peppermint.

Fold the sides of the rice paper wrapper over the filling and then roll it up tightly from the bottom to the top.

Repeat with the second rice paper wrapper and remaining ingredients.

Serve with a dipping sauce made from lime juice and soy sauce.



CALORIES ~ 280 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Tzatziki with sliced vegetables

1 SERVING

Ingredients

- 1 tsp lemon juice
- 1/2 medium green bell pepper
- 1 small carrot
- 1 small cucumber
- 1/2 cup low-fat Greek yogurt
- 1 tbsp olive oil
- 1 tbsp dried dill
- 1 tbsp peppermint leaves, chopped
- 1 garlic clove, minced

Instructions

In a bowl, mix together the Greek yogurt, minced garlic, olive oil, dill, peppermint leaves, and lemon juice.

Stir well and refrigerate for 30 minutes to allow the flavors to blend.

While the Tzatziki is chilling, prepare the sliced vegetables by washing and slicing the bell peppers, carrots, and cucumber.

Once the Tzatziki is ready, serve it in a small bowl and add the sliced vegetables on a plate alongside it.



CALORIES ~ 394 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal contains oxalates

Roasted nuts

1 SERVING

Ingredients

- 1/8 cups almonds
- 1/8 cups walnuts
- 1/8 cups pecans
- 2 tbsp hazelnuts

Instructions

Preheat the oven to 350°F (180°C).

Spread the almonds, walnuts, pecans, and hazelnuts in a single layer on a baking sheet.

Roast the nuts in the preheated oven for 8-10 minutes or until they are lightly browned and fragrant. Be careful not to over-roast them as they can burn quickly.

Once roasted, remove the baking sheet from the oven and let the nuts cool for a few minutes. Serve the nuts as a healthy snack or add them to salads, oatmeal, or yogurt bowls for added crunch.

Allergens: nuts



CALORIES ~ 300 KCAL
CARBS
FAT
PROTEIN

* per serving

Muhammara

1 SERVING

Ingredients

- 1/2 medium red bell pepper
- 1/8 cup bread crumbs
- 1/4 cup walnuts
- 1 tbsp olive oil
- 1/2 tbsp pomegranate molasses

Instructions

Preheat the oven to 200°C (400°F). Cut the red pepper in half, remove the stem and seeds, and place it cut-side down on a baking sheet. Roast the pepper for 15-20 minutes until the skin is charred and the flesh is soft.

Once the pepper is done, remove it from the oven and let it cool for a few minutes.

In a food processor, pulse the walnuts until they are coarsely ground.

Add the roasted red pepper, olive oil, and pomegranate molasses to the food processor, and pulse until everything is combined and the mixture is smooth.

Add the breadcrumbs and pulse again until they are fully incorporated.

Taste the muhammara and adjust the seasoning as needed. You can add a pinch of salt, more olive oil, or more pomegranate molasses to taste.

Serve the muhammara with pita bread, crackers, or fresh vegetables.

Allergens: nuts



CALORIES ~ 248 KCAL
CARBS
FAT
PROTEIN

* per serving

Cauliflower popcorn

1 SERVING

Ingredients

- 1.5 tbsp coconut oil
- 2 cups cauliflower

Instructions

Preheat the oven to 200°C.

Cut the cauliflower into small bite-sized pieces

Toss the cauliflower pieces with the coconut oil in a mixing bowl until they are coated evenly.

Spread the cauliflower pieces in a single layer on a baking sheet lined with parchment paper.

Roast in the oven for 15-20 minutes, or until the cauliflower is tender and slightly browned.

Serve hot as a healthy snack or a side dish.



CALORIES ~ 368 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —
* per serving

Dark chocolate with hazelnuts

1 SERVING

Ingredients

- 1.5 oz dark chocolate, chopped
- 1/4 cup roasted hazelnuts

Instructions

Line a small baking sheet or plate with parchment paper.

In a heatproof bowl set over a saucepan of simmering water, melt the chopped dark chocolate, stirring frequently, until smooth.

Remove the bowl from the heat and let it cool for a few minutes.

Stir in the chopped hazelnuts, reserving a small amount for garnish if desired.

Pour the chocolate and hazelnut mixture onto the prepared baking sheet or plate, using a spatula to spread it out into an even layer.

Sprinkle the reserved chopped hazelnuts over the top, if desired.

Let the chocolate cool and harden at room temperature for at least 30 minutes.

Once the chocolate has hardened, break it into pieces or cut it into squares and serve.

Allergens: nuts



CALORIES ~ 424 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —
* per serving

Zucchini noodles with grilled turkey

1 SERVING

Ingredients

- 1 medium zucchini, spiralized
- 1/2 cup fresh basil leaves
- 1 tsp pine nuts
- 2 tsp olive oil
- 1 garlic clove, minced
- 3-oz grilled turkey breast, sliced

Instructions

For the pesto:

In a food processor, combine the basil leaves, garlic, pine nuts, and olive oil.

Pulse until a thick paste forms. Season with salt and pepper to taste.

For the zucchini noodles:

Heat a tablespoon of olive oil in a large pan over medium-high heat.

Add the zucchini noodles and cook for 3-5 minutes until tender.

Once the noodles are cooked, add the grilled turkey breast and stir to combine.

Add the pesto to the pan and stir to coat the noodles and turkey evenly.

Cook for an additional 1-2 minutes until everything is heated through.

Serve hot.

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium



CALORIES ~ 364 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Hummus with vegetables

1 SERVING

Ingredients

- 1/2 medium red bell pepper
- 1 stalk celery
- 1 small carrot
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1/2 cup canned chickpeas

Instructions

Drain and rinse the chickpeas, then place them in a food processor or blender. Add lemon juice, minced garlic, and tahini to the chickpeas. Blend the ingredients until smooth and creamy. If the hummus is too thick, add a tablespoon of water at a time until you reach your desired consistency. Transfer the hummus to a serving bowl and garnish with a drizzle of olive oil, a sprinkle of paprika, or chopped fresh herbs, if desired. Prepare the vegetables by washing and cutting them into sticks. Arrange the vegetable sticks around the bowl of hummus and serve immediately.



CALORIES ~ 240 KCAL
CARBS
FAT
PROTEIN

* per serving

Artichoke hearts

1 SERVING

Ingredients

- 1/2 can artichoke hearts, drained and rinsed
- 1 tbsp olive oil
- 1/2 tbsp lemon juice

Instructions

Rinse and drain the artichoke hearts and pat them dry with a paper towel. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make the dressing. Add the artichoke hearts to the bowl and toss to coat them evenly in the dressing. Serve the artichoke hearts immediately, garnished with a slice of lemon or chopped fresh herbs if desired.



CALORIES ~ 574 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Eggplant lasagna

1 SERVING

Ingredients

- 2 medium tomatoes, crushed
- 1 small carrot
- 1 stalk celery
- 1 garlic clove
- 1 small eggplant
- 1/2 medium onion
- 1 tbsp olive oil
- 1/2 cup ground beef

Instructions

Stir-fry the onion and garlic for 5 minutes. Add the carrot and celery, and stir-fry for 5 more minutes. Add the ground beef, season with salt, pepper, and oregano, and stir-fry for 6-8 minutes. Add the crushed tomato and cook for 1 hour. In the meantime, cut the eggplant in slices, drizzle with olive oil, sprinkle with salt, and bake on an oven tray for 25 minutes. Lay eggplant slices, cover with the beef and tomato sauce, and add another layer of eggplant slices on top. Bake in the oven for 25-30 minutes.



CALORIES ~ 440 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Date and chia pudding

1 SERVING

Ingredients

- 2 tsp honey or maple syrup
- 1/4 cup blueberries
- 1 cup almond milk
- 1 date
- 1/4 cup chia seeds

Instructions

Mix all the ingredients except the dates in a bowl. Quarter the dates and stir them into the mixture until well combined. Cover and chill for at least 4 hours. Stir once or twice to loosen any seeds that may have clumped together. Divide into bowls and top with the blueberries.

Allergens: nuts



CALORIES ~ 235 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Pumpkin coconut smoothie

1 SERVING

Ingredients

- 1/2 cup coconut milk
- 1/4 cup pumpkin puree
- 1/2 medium banana

Instructions

Add the coconut milk, pumpkin puree, frozen banana, pumpkin pie spices, and 1 cup of ice to the blender. Blend until smooth.



CALORIES ~ 625 KCAL
CARBS
FAT
PROTEIN

* per serving

Blueberry muffins

2 SERVINGS

Ingredients

- 1/4 cup blueberries
- 1/4 cup almond milk
- 1/2 cup almond flour
- 1.5 tbsp coconut oil
- 1 medium egg
- 1/2 tsp baking soda
- 1 tsp vanilla extract

Instructions

Stir the almond flour with baking powder and salt in a bowl. Add the coconut oil, almond milk, eggs, vanilla extract, and blueberries. Transfer the batter to a lined muffin tin and bake for 10-12 minutes until the tops are golden. Let them cool down on a rack.

Allergens: eggs and nuts



CALORIES ~ 520 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

This meal contains oxalates

Butternut squash breakfast hash

1 SERVING

Ingredients

- 1 garlic clove
- 3 cups fresh spinach
- 1 small butternut squash
- 1 medium onion
- 2 eggs
- 3.5 ounces of ground turkey sausage
- 1 tbsp olive oil

Instructions

Cut the butternut squash in cubes and sauté for 5 minutes. Add the onion and sauté for 5 more minutes. Add in the sausage, garlic, and thyme, and let cook for 1-2 minutes. Add the spinach and let cook for 3-5 minutes. Create divets in the squash hash, pour in the eggs and cook for 15-20 minutes. Remove from heat and season with salt and pepper to taste.

Allergens: eggs



CALORIES ~ 345 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Acai bowl

1 SERVING

Ingredients

- 1/2 cup açai puree
- 1/5 cup blueberries
- 1 small banana, sliced
- 1 cup almond milk
- 1/4 cup walnuts
- 1/4 cup strawberries,

Instructions

Slice the banana and put it in a freezing bag. Add the strawberries and blueberries and keep in the freezer until completely frozen. Transfer to a bowl, add the almond milk and açai puree, and blend until smooth. Serve and top with walnuts.

Allergens: nuts



CALORIES ~ 413 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Tuna salad

1 SERVING

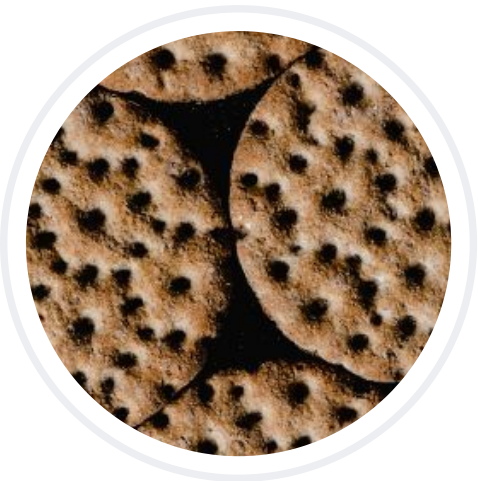
Ingredients

- 1 can tuna
- 1/4 medium red onion
- 1/2 medium avocado
- 1 stalk celery, chopped
- 2 tsp capers
- 1/2 cup lettuce, shredded
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp Dijon mustard

Instructions

Make the dressing by combining the olive oil, parsley, dill, Dijon mustard, red wine vinegar, and salt. Chop the onion, celery, and avocado. In a bowl, mix the lettuce, tuna, chopped vegetables, and capers. Season with the dressing.

Allergens: fish



CALORIES ~ 455 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal contains oxalates

Almond flour crackers

1 SERVING

Ingredients

- 1 tbsp ground flaxseed
- 1/2 cup almond flour
- 1/8 tsp sea salt
- 1/2 tbsp olive oil

Instructions

Preheat the oven to 170°C.
Mix the almond flour, ground flaxseed, and sea salt in a mixing bowl.
Add water and olive oil to the mixture, and stir until the mixture becomes a dough.
Place the dough between two pieces of parchment paper and roll it out until it's about 1/8 inch thick.
Cut the dough into small crackers with a pizza cutter or a sharp knife.
Transfer the crackers onto a baking sheet lined with parchment paper.
Bake for 10-12 minutes or until the crackers are golden brown.
Allow the crackers to cool for a few minutes before serving.

Allergens: nuts



CALORIES ~ 489 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

Avocado toast with veggies

1 SERVING

Ingredients

- 1 small radish, sliced
- 1 large avocado
- 1 stalk green onion
- 1 small jalepeño pepper
- 2 slices gluten-free bread

Instructions

Toast 2 slices of gluten-free bread to preferred darkness.
Mash an avocado in a bowl until smooth (or just use slices).
Optionally, slice 1 green onion stalk, 1 medium radish, and/or 1 small jalapeño pepper to add on top.
Salt and pepper to taste.



CALORIES ~ 350 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

Greek yogurt with honey and nuts

1 SERVING

Ingredients

- 2 tbsp walnuts
- 1 cup Greek yogurt
- 2 tsp honey or maple syrup
- 2 tbsp almonds

Instructions

Place the low-fat Greek yogurt in a serving bowl.
Drizzle honey over the top of the yogurt.
Roughly chop the almonds and walnuts and sprinkle over the yogurt.
Serve and enjoy!

Allergens: nuts

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

This meal contains oxalates



CALORIES ~ 325 KCAL
CARBS
FAT
PROTEIN
* per serving

Fried cauliflower with mushrooms

1 SERVING

Ingredients

- 1.5 cups cauliflower, grated
- 1/2 cups mushrooms, sliced
- 1 medium green bell pepper, sliced
- 2 tbsp coconut oil
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1 medium onion, chopped

Instructions

In a large pan, heat coconut oil over medium-high heat.
Add the onion and cook until soft.
Add the mushrooms, bell pepper, garlic powder, ginger, salt, and pepper, and stir-fry until tender.
Add the grated cauliflower and continue to stir-fry until the cauliflower is cooked through.
Serve hot.



CALORIES ~ 540 KCAL
CARBS
FAT
PROTEIN
* per serving

Sweet potato and kale salad

1 SERVING

Ingredients

- 1 cup sweet potato, cubed
- 2 cups kale, chopped
- 1/4 cup sliced almonds
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard

Instructions

Preheat the oven to 400°F (200°C). Spread the sweet potato cubes out on a baking sheet and drizzle with 1 tbsp olive oil. Roast for 20-25 minutes or until tender and golden.
In a large bowl, combine the kale and almonds.
In a small bowl, whisk together the remaining 1 tbsp olive oil, apple cider vinegar, Dijon mustard, salt, and pepper to make the dressing.
Add the roasted sweet potato cubes to the bowl with the kale and almonds. Drizzle the dressing over the top and toss well to coat.
Serve immediately.

Allergens: nuts

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal contains oxalates



CALORIES ~ 253 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Creamy broccoli soup

1 SERVING

Ingredients

- 1 cup broccoli florets
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 tbsp coconut oil
- 1/2 cups vegetable broth
- 1/4 cups coconut milk

Instructions

In a large saucepan, heat the coconut oil over medium heat. Add the chopped onion and sauté for 2-3 minutes until softened.

Add the minced garlic and chopped broccoli to the saucepan and stir for another minute.

Pour in the vegetable broth and bring to a boil. Reduce the heat and let simmer for 10-15 minutes until the broccoli is tender.

Using an immersion blender or a regular blender, puree the soup until smooth.

Stir in the coconut milk and season with salt and pepper to taste.

Serve hot.



CALORIES ~ 650 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Eggplant rollatini

1 SERVING

Ingredients

- 1/2 medium eggplant
- 1/4 cup almond flour
- 1/8 cup coconut flour
- 1 egg, whisked
- 1/2 cup marinara sauce
- 1/4 cup ricotta cheese
- 1/4 cup mozzarella cheese, grated
- 1 tbsp olive oil

Instructions

Preheat the oven to 375°F (190°C).

In a shallow dish, mix together the almond flour and coconut flour.

Dip the eggplant slices in the whisked egg and then coat them in the flour mixture.

In a large skillet, heat the olive oil over medium heat. Add the eggplant slices and sauté for 2-3 minutes on each side until slightly browned.

Spread a spoonful of marinara sauce on each eggplant slice and top with a dollop of ricotta cheese.

Roll up the eggplant slices and place them in a baking dish.

Pour the remaining marinara sauce over the rolls and top with shredded mozzarella cheese.

Bake in the preheated oven for 20-25 minutes until the cheese is melted and bubbly.

Allergens: eggs and nuts



CALORIES ~ 360 KCAL
CARBS
FAT
PROTEIN
* per serving

Zucchini and tomato frittata

1 SERVING

Ingredients

- 1 medium zucchini, sliced
- 1/2 tomato, chopped
- 1 tsp oregano
- 1 tbsp olive oil
- 2 tbsp almond milk
- 3 large eggs

Instructions

Preheat the oven to 375°F (190°C).
In a large bowl, whisk together the eggs, almond milk, dried oregano, salt, and pepper.
In an oven-safe skillet, heat the olive oil over medium heat. Add the sliced zucchini and sauté for 3-4 minutes, until slightly softened.
Add the chopped tomato to the skillet and stir for another minute.
Pour the egg mixture into the skillet and gently stir to combine with the vegetables.
Transfer the skillet to the preheated oven and bake for 15-20 minutes, until the frittata is cooked through and slightly golden on top.
Let the frittata cool for a few minutes before slicing and serving.

Allergens: eggs and nuts



CALORIES ~ 350 KCAL
CARBS
FAT
PROTEIN
* per serving

Quinoa breakfast bowl

1 SERVING

Ingredients

- 3/4 cup fortified soy milk
- 1/4 cup blueberries
- 2 tbsp flaxseed
- 1/4 cup quinoa
- 2 tsp honey or maple syrup

Instructions

Cook the quinoa in a double amount of water
Mix the cooked quinoa, flaxseed, and soy milk in a bowl.
Top with blueberries.
Drizzle with honey.

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium



CALORIES ~ 450 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

Smoothie bowl with hemp seeds

1 SERVING

Ingredients

- 1 cup frozen mixed berries
- 1 banana
- 2 tbsp hemp seeds
- 1/2 cup coconut milk

Instructions

Blend the frozen berries, banana, and coconut milk until smooth. Pour into a bowl and top with hemp seeds.



CALORIES ~ 290 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

Veggie breakfast burrito

1 SERVING

Ingredients

- 1/2 avocado, sliced
- 1/4 cup salsa
- 1 large lettuce leaf
- 1 corn tortilla
- 1/4 cup canned black beans

Instructions

Warm the tortilla, and spread avocado on top. Add lettuce, black beans, and salsa. Fold the tortilla into a burrito.



CALORIES ~ 500 KCAL
CARBS
FAT
PROTEIN

* per serving

Buckwheat pancakes with strawberry jam

1 SERVING

Ingredients

- 1/2 cup buckwheat flour
- 1/2 cup coconut milk
- 1 tbsp strawberry jam

Instructions

Mix the buckwheat flour and coconut milk in a bowl.
Optionally, add water for a desired consistency.
Heat a skillet over medium heat and pour the batter into the skillet, cooking until both sides are browned.
Top with strawberry jam.



CALORIES ~ 330 KCAL
CARBS
FAT
PROTEIN

* per serving

Chickpea and vegetable bowl

1 SERVING

Ingredients

- 1/2 cup sweet potato, diced
- 1/2 cup zucchini, sliced
- 1/4 onion, chopped
- 1 tbsp olive oil
- 1/2 cup canned chickpeas

Instructions

Heat olive oil in a skillet over medium-high heat.
Add sweet potato, zucchini, and onion and cook until tender, stirring occasionally.
Add chickpeas and cook until heated through.



CALORIES ~ 450 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal contains oxalates

Polenta with sautéed mushrooms and spinach

1 SERVING

Ingredients

- 1/2 cup sliced mushrooms
- 1/2 cup fresh spinach
- 1 tbsp olive oil
- 1/2 cup cornmeal
- 1/2 tsp sea salt

Instructions

In a medium saucepan, bring 2 cups of water to a boil. Add salt and slowly pour in 1/2 cup of cornmeal, whisking constantly to prevent lumps.

Reduce heat to low and continue to whisk for 5-10 minutes, until the mixture thickens and pulls away from the sides of the pan.

Remove from heat and let it rest for 2-3 minutes.

In a skillet, heat olive oil over medium-high heat. Add sliced mushrooms and cook until browned, stirring occasionally.

Add fresh spinach to the skillet and cook until wilted.

Serve polenta with the sautéed mushrooms and spinach on top.



CALORIES ~ 420 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Roasted chicken with vegetables

1 SERVING

Ingredients

- 6-oz raw chicken breast
- 1/2 small zucchini
- 1/2 onion
- 1/2 tomato, diced
- 1 red bell pepper
- 2 tbsp olive oil

Instructions

Chop the vegetables and place them on an oven tray with olive oil.

Season the chicken with olive oil, salt, pepper, and tarragon, and put on top of the vegetables.

Roast in the oven for 1 hour (half an hour on each side).



CALORIES ~ 500 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —
* per serving

Veggie breakfast bowl

1 SERVING

Ingredients

- 1 cup cauliflower, chopped
- 1 cup zucchini, chopped
- 1 cup red bell pepper, chopped
- 2 tbsp olive oil
- 2 large eggs
- 1/2 avocado, diced

Instructions

Preheat the oven to 200°C (400°F).
Toss the chopped cauliflower, zucchini, and red bell pepper with olive oil, salt, and pepper on a baking sheet.
Roast the vegetables for 20-25 minutes until they are tender and slightly charred.
While the vegetables are roasting, heat a non-stick pan over medium heat.
Crack the eggs into the pan and cook until the white is set and the yolk is still runny.
Once the vegetables are roasted, transfer them to a bowl.
Top the vegetables with the fried eggs and diced avocado.
Serve hot.

Allergens: eggs



CALORIES ~ 380 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

This meal contains oxalates

Shrimp and beet winter salad

1 SERVING

Ingredients

- 1/8 cup walnuts, chopped and toasted
- 1 medium beetroot, sliced
- 1 cup cooked shrimp, peeled and deveined
- 1.5 cups mixed salad greens
- 1 tsp Dijon mustard
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice

Instructions

Preheat oven to 375°F.

Wash beets under cold water and cut off the top and bottom.

Cut the beet in slices and roast for 30-40 mins or until they are tender when poked with a fork.

In a large mixing bowl, add the mixed salad greens, cooked shrimp, and roasted beets. Toss to combine.

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper until well combined.

Pour the dressing over the salad and toss to coat.

Top the salad with chopped and toasted walnuts.

Allergens: shellfish and nuts



CALORIES ~ 450 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal contains oxalates

Almond-honey breakfast bar

1 SERVING

Ingredients

- 1/2 tbsp honey or maple syrup
- 1/4 cup almond flour
- 1/4 cup almonds, chopped
- 1/8 cup unsweetened shredded coconut
- 1 tbsp coconut oil, melted
- 1/2 tsp vanilla extract

Instructions

Preheat your oven to 350°F (175°C). Line a small baking dish with parchment paper. In a mixing bowl, stir together the almond flour, chopped almonds, and shredded coconut. Add the honey, melted coconut oil, and vanilla extract to the bowl. Stir until all ingredients are well combined. Press the mixture into the prepared baking dish, using a spatula or the back of a spoon to make it even. Bake the power bar for 10-12 minutes, until it is lightly golden brown on top. Let the power bar cool completely before slicing it into portions.

Allergens: nuts



CALORIES ~ 600 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Shakshuka

1 SERVING

Ingredients

- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 large onion, diced
- 1 medium bell pepper, diced
- 1 medium tomato, diced
- 1 tsp paprika
- 4 tbsp crumbled feta cheese
- 1 tbsp fresh parsley, chopped
- 1/2 tsp cumin
- 2 medium eggs

Instructions

1. Heat the olive oil in a small skillet over medium heat.
2. Add the onion and garlic and cook until soft and translucent, about 3-4 minutes.
3. Add the bell pepper, tomato, paprika, cumin, salt, and pepper, and cook for another 3-4 minutes, until the vegetables are softened and the mixture is fragrant.
4. Use a spoon to make a well in the center of the mixture and crack an egg into it.
5. Cover the skillet with a lid or a sheet of aluminum foil and cook for another 5-7 minutes, until the eggs are cooked to your liking.
6. Sprinkle the feta cheese over the top and garnish with chopped parsley.

Allergens: eggs



CALORIES ~ 370 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Ratatouille with goat cheese

1 SERVING

Ingredients

- 1 cup chopped eggplant
- 1 cup chopped zucchini
- 1 cup chopped red bell pepper
- 3 tbsp chopped onion
- 3.5 tbsp crumbled goat cheese
- 1 garlic clove, minced
- 1 tsp oregano

Instructions

1. Heat the olive oil in a large pan over medium heat. Add the onion and garlic and sauté for 2-3 minutes until softened.
2. Add the eggplant, zucchini, and red bell pepper to the pan and sauté for 5-7 minutes until they begin to soften.
3. Add the canned chopped tomatoes, oregano, salt, and pepper to the pan and stir to combine. Reduce the heat to low and let the ratatouille simmer for 10-15 minutes until the vegetables are tender and the sauce has thickened.
4. Serve the ratatouille in a bowl and top with the crumbled goat cheese.



Harissa baby potato salad

1 SERVING

Ingredients

- 1/2 tbsp honey or maple syrup
- 1 tbsp olive oil
- 1/2 tbsp harissa paste
- 1/2 tbsp lemon juice
- 1/4 tsp salt
- 1.5 cups baby potatoes, halved
- 1/4 tsp black pepper
- 1 small cucumber, chopped
- 1/2 small red onion, thinly sliced
- 1 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped

Instructions

1. Preheat your oven to 200°C (400°F).
2. In a bowl, mix together the olive oil, harissa paste, honey, lemon juice, salt, and black pepper.
3. Add the halved baby potatoes to the bowl and toss to coat them in the harissa mixture.
4. Spread the potatoes out on a baking tray and roast for 20-25 minutes or until they're tender and lightly browned.
5. In a separate bowl, mix together the chopped cucumber, sliced red onion, chopped parsley, and chopped mint.
6. Once the potatoes are cooked, let them cool for a few minutes before adding them to the bowl with the cucumber mixture. Toss everything together until well combined.
7. Serve the potato salad warm or chilled.



CALORIES ~ 500 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

Soybean noodles with walnut pesto

1 SERVING

Ingredients

- 1 cup cauliflower florets
- 1/2 cup soybean noodles
- 1/4 cup roasted red peppers
- 1.5 tbsp walnuts
- 1 tbsp olive oil
- 1 garlic clove
- 1/4 cup grated parmesan cheese

Instructions

1. Preheat your oven to 200°C.
2. Cook the pasta according to package instructions until al dente. Reserve 1/4 cup of the pasta cooking water before draining the pasta.
3. While the pasta is cooking, place the cauliflower florets on a baking sheet and roast for 15-20 minutes, until tender and slightly browned.
4. In a food processor, pulse together the roasted red peppers, walnuts, garlic, parmesan cheese, and olive oil until smooth.
5. In a large bowl, toss the cooked pasta with the roasted cauliflower and the walnut pesto, adding the reserved pasta cooking water as needed to loosen the sauce. Season with salt and pepper to taste.
6. Serve immediately, garnished with additional parmesan cheese and chopped walnuts if desired.

Allergens: nuts



CALORIES ~ 580 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium

This meal contains oxalates

Quiche with a sweet potato crust

1 SERVING

Ingredients

- 2 large eggs
- 1 tbsp olive oil
- 1.5 cups sweet potato, peeled and grated
- 50 g onion, diced
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 1 cup spinach, chopped
- 1/4 cup crumbled feta cheese
- 3 tbsp milk

Instructions

Preheat the oven to 180°C.

Mix together the grated sweet potato and egg in a bowl. Season with salt and pepper. Grease a 20cm quiche dish with the olive oil and press the sweet potato mixture into the dish, forming a crust. Bake for 10 minutes.

In a pan, sauté the onion and garlic in olive oil until softened. Add the spinach and red pepper and cook for a few more minutes until the spinach is wilted. Season with salt and pepper.

In a separate bowl, whisk together one egg yolk, milk, and crumbled feta cheese. Spread the vegetable mixture over the sweet potato crust, then pour the egg and milk mixture over the top.

Bake for 25-30 minutes, until the quiche is set and golden on top.

Let cool for a few minutes before slicing and serving.



CALORIES ~ 390 KCAL
CARBS — — —
FAT — — —
PROTEIN — — —

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of calcium

Mushroom Stroganoff

1 SERVING

Ingredients

- 1 large zucchini
- 2 tbsp olive oil
- 1/2 onion, diced
- 1 cup mushrooms, sliced
- 1/4 tsp thyme, dried
- 1/2 cup vegetable broth
- 1/4 cup sour cream
- 1/2 tsp dried rosemary
- 1/4 tsp smoked paprika
- 1 garlic clove, minced

Instructions

Use a spiralizer to turn the zucchini into noodles (or buy frozen).
Heat the olive oil in a large pan over medium heat.
Add the diced onion and minced garlic and cook for 2-3 minutes until the onion is translucent.
Add the sliced mushrooms, thyme, rosemary, and smoked paprika to the pan.
Cook for another 3-4 minutes until the mushrooms have released their liquid and are tender.
Pour in the vegetable broth and let the mixture come to a simmer.
Reduce the heat to low and stir in the sour cream.
Add the zucchini noodles to the pan and toss with the sauce until the noodles are coated and tender.
Season with salt and pepper to taste and garnish with chopped parsley if desired.



CALORIES ~ 440 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED
ON YOUR GENETIC RESULTS

This meal is a source of calcium

Zucchini tortilla with vegetables

1 SERVING

Ingredients

- 1/2 zucchini, grated
- 1 small onion, finely chopped
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- 2 large eggs
- 1 medium potato, peeled and sliced into thin rounds
- 1 tbsp parsley, chopped

Instructions

1. Preheat the oven to 180°C.
2. Heat the olive oil in a frying pan over medium heat. Add the onion and garlic and sauté for 2-3 minutes until the onion is softened.
3. Add the red bell pepper and grated zucchini to the pan and sauté for another 5-7 minutes until the vegetables are tender. Remove the vegetables from the pan and set aside.
4. Add the sliced potatoes to the same pan and cook for about 10 minutes until they are tender and lightly browned.
5. Beat the eggs in a mixing bowl and add the cooked vegetables. Season with salt and pepper.
6. Pour the egg and vegetable mixture into the frying pan and cook over medium heat for 5-7 minutes until the bottom is set.
7. Transfer the pan to the preheated oven and bake for 10-15 minutes until the top is set and lightly golden.
8. Remove from the oven and let cool for a few minutes before slicing into wedges. Garnish with fresh parsley before serving.

Allergens: eggs



CALORIES ~ 350 KCAL
CARBS
FAT
PROTEIN
* per serving

Grilled sea bass with olive tomato salsa

1 SERVING

Ingredients

- 1/2 lemon, juiced
- 1/4 cup chopped, pitted, kalamata olives
- 1 tbsp olive oil
- 5-6 cherry tomatoes, chopped
- 1 tsp capers, chopped
- 2 tbsp fresh parsley, chopped
- 6 oz sea bass filet
- 20 basil leaves, chopped
- 1 garlic clove, minced

Instructions

1. Preheat the oven to 200°C.
2. Season the sea bass filet with salt and black pepper on both sides.
3. In a bowl, mix together the chopped kalamata olives, cherry tomatoes, parsley, basil, capers, minced garlic, lemon juice, and extra virgin olive oil. Season with salt and black pepper to taste.
4. Spread the olive tomato salsa on top of the sea bass filet.
5. Place the sea bass filet on a baking sheet lined with parchment paper and bake for 15-20 minutes, until the fish is cooked through and the salsa is lightly browned on top.
6. Serve hot with a side of your choice.

Allergens: fish



CALORIES ~ 475 KCAL
CARBS
FAT
PROTEIN
* per serving

Fig and ricotta toast

1 SERVING

Ingredients

- 2 slices whole-wheat bread
- 4 tbsp ricotta cheese
- 2 fresh figs, sliced
- 1/2 tbsp honey or maple syrup
- 2 tsp walnuts, chopped

Instructions

1. Toast the slices of bread to your desired level of doneness.
2. While the bread is toasting, in a small mixing bowl, stir together the ricotta cheese, honey, and cinnamon until well combined.
3. Once the bread is toasted, spread the ricotta mixture evenly over the top.
4. Arrange the sliced figs on top of the ricotta mixture.
5. Sprinkle the chopped walnuts on top of the figs.

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of calcium

This meal is a source of selenium



CALORIES ~ 620 KCAL
CARBS
FAT
PROTEIN

* per serving

WHAT YOU SHOULD KNOW, BASED ON YOUR GENETIC RESULTS

This meal is a source of selenium

Beef and broccoli stir-fry

1 SERVING

Ingredients

- 1/2 medium onion
- 1 cup broccoli florets
- 1 garlic clove
- 3.5-oz raw beef steak, sliced into thin strips
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1/4 cup brown rice

Instructions

Heat 1 tablespoon of olive oil in a wok or a large frying pan over high heat. Add the sliced beef and stir-fry for 2-3 minutes, until browned. Remove the beef from the pan and set it aside.

In the same pan, add the sliced onion and minced garlic. Stir-fry for 1-2 minutes, until the onion is softened and slightly caramelized.

Add the broccoli florets to the pan and stir-fry for another 2-3 minutes, until the broccoli is tender-crisp.

Return the beef to the pan, and add 2 tablespoons of soy sauce. Stir-fry for another 1-2 minutes, until everything is heated through and the sauce is well distributed.

Serve the beef and broccoli stir-fry with 1/2 cup of cooked brown rice.