

# Personalized diet may be the healthier choice

By Kate Murphy, New York Times

In what has come to feel like a twice-a-decade mea culpa, the federal government last week released another revision of the Dietary Guidelines for Americans, this time urging many of us to consume less sugar and less protein. The new recommendations may well influence nutrition labeling, school lunches and government assistance programs.

But the advice is likely to be ignored by much of the I'll-have-fries-with-that citizenry. Moreover, recent scientific findings are beginning to lend support to a new approach to diet, one personalized to the individual.

Research increasingly suggests that each of us is unique in the way we absorb and metabolize nutrients. This dawning realization has scientists, and entrepreneurs, scrambling to provide more effective nutritional advice based on such distinguishing factors as genetic makeup, gut bacteria, body type and chemical exposures.

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