

Applying Nutrigenomics in Clinical Practice: The Nuts and Bolts

By Sheila Dean, DSc, RDN, LDN, CCN, CDE, IFMCP

Resources

1. Nielsen D, El-Sohemy A. A randomized trial of genetic information for personalized nutrition. *Genes Nutr*. 2012;7(4):559-566.
2. Szarc vel Szic K, Ndlovu MN, Haegeman G, Vanden Berghe W. Nature or nurture: let food be your epigenetic medicine in chronic inflammatory disorders. *Biochem Pharmacol*. 2010;80(12):1816-1832.
3. DeBusk RM. Diet-related disease, nutritional genomics, and food and nutrition professionals. *J Am Diet Assoc*. 2009;109(3):410-413.
4. Boehl T. Emerging science raises questions: what to tell your clients about nutritional genomics. *J Am Diet Assoc*. 2007;107(7):1094-1096.
5. DeBusk RM, Fogarty CP, Ordovas JM, Kornman KS. Nutritional genomics in practice: where do we begin? *J Am Diet Assoc*. 2005;105(4):589-598.

Other Web-Based Resources

1. Genome. National Center for Biotechnical Information website.
<https://www.ncbi.nlm.nih.gov/genome>
2. Public health genomics. Center for Disease Control and Prevention website.
<https://www.cdc.gov/genomics/>. Updated June 21, 2018. Accessed June 24, 2018.