



Nutrigenomics

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Message from the Guest Editors

Dear Colleagues,

The integration of various ‘omics’ technologies into studies linking nutrition to human health and performance has greatly enhanced our understanding of the effects of specific nutrients, food bioactives and dietary patterns. These discoveries have helped us understand individual nutritional requirements, identify the presence of food preferences and intolerances, and establish specific dietary patterns that improve health and performance. This Special Issue of the *Journal of Personalized Medicine* aims to highlight the current state of the science and showcase some of the latest findings in the field of nutritional genomics. Studies include those that explore gene-diet interactions using basic science, clinical and population-based approaches. The scientific advances in the field of nutrigenomics and nutrigenetics will continue to pave the path towards personalized nutrition for optimal health and wellness.

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Message from the Editor-in-Chief

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