

Morphological genetics in overweight predisposition

Genetic predisposition to overweight
Rebound weight gain
Risk of increased BMI
Slow basal metabolism

Behavioural genetics in food intake

Appetite and anxiety risk
Satiety-Feeling Full
Snacking

Efficacy of exercise

Benefits from endurance exercise for improving HDL levels
Exercise to reduce body fat

Fat metabolism

Fat burning capacity
Saturated fat impact risk
Response to monounsaturated fats MUFAs
Response to polyunsaturated fats PUFAs
Response to fat intake to improve the HDL levels

Carbohydrates metabolism

Capacity to digest starchy food
Carbohydrates sensitivity
Carbohydrates and HDL
Carbohydrates and LDL levels

Lipid metabolism

HDL levels (good cholesterol)
Increased levels of triglycerides
Increased oxidation of LDL
Increased risk of elevated cholesterol LDL levels
Triglycerids/HDL ratio

Glucose metabolism

Increased risk of Glucose levels in plasma
Insuline resistance
Risk of diabetes type II

Flavours sensitivities

Bitter taste sensitivity
Sweet desire
Salt sensitivity

Detoxification imbalances

Antioxidant capacity
Phase I Detoxification
Phase II - Toxicity protection barrier

Supplementation

Calcium absorption
Calcium levels and absorption
Iron overload risk
Iron supplementation requirements
Magnesium metabolism
Selenium supplementation requirements
Sodium sensitivity

Intolerances

Alcohol metabolism
Caffeine metabolism
Fructose intolerance risk
Gluten intolerance risk
Lactose intolerance risk

Matching Diet Type

Efficacy of low calories diets
Efficacy of low carbohydrate diets
Efficacy of low fat diets

Vitamin requirements

Vitamin A
Vitamin B12
Vitamin B6
Vitamin B9 (folate)
Vitamin C
Vitamin D
Vitamin E