

Report Summary

[WELCOME](#) • [DIET PLAN](#) • [EATING BEHAVIOR](#) • [EXERCISE POTENTIAL](#)

Hi Carina, welcome to your DNA diet report

We invite you to learn what genetics have to do with your diet. We give you a unique opportunity to explore an innovative and groundbreaking product developed for individuals seeking to optimize their food intake.

UNDERSTANDING YOUR RESULTS:

Your results reflect your genetic predisposition for certain aspects that affect your metabolism, weight tendency, eating behavior, food intolerance and exercise that fit your genetic makeup. The results describe your personal odds to have a certain trait, but do not reflect a deterministic destiny. The expression of a particular trait (phenotype) is influenced by your genetic makeup but also by environmental and lifestyle factors. By understanding your genetic makeup you can recognize the impact of environmental and lifestyle influences such as what you eat, what you drink, where you live, how you live and how active you are.



DIET

Your Diet Plan

MEDITERRANEAN

Your diet results at a glance:

YOUR DIET GENE RESULT			
AFFECTING AREA	GENE	GENOTYPE	RESULT
Gluten Intolerance	HLA	T:T	Likely Tolerant
Lactose Intolerance	LCT	C:T	Less Likely
Triglyceride Levels	APOA5	A:A	Low
BMI	NPY2R	C:C	Lowest
BMI	NPPFR2	A:G	Lowest

[More](#)



EATING BEHAVIOR

Your Eating Behavior Profile

HIGH SNACKING

Your eating behavior results at a glance:

YOUR EATING BEHAVIOR GENE RESULT			
AFFECTING AREA	GENE	GENOTYPE	RESULT
Snacking	DRD2	A:A	High Snacking
Bitter Taste	TAS2R38	G:G	Non Taster
Eating Behavior - Loss of Control	FTO	T:T	Typical
Eating Behavior - Satiety	FTO	T:T	Typical

[More](#)



EXERCISE

Your Exercise Performance Potential

MINIMAL BENEFIT

Your exercise results at a glance:

YOUR EXERCISE GENE RESULT			
AFFECTING AREA	GENE	GENOTYPE	RESULT
Response to Exercise	FTO	T:T	Minimal benefit
Exercise Physical Benefits	PPARG	G:C	Benefits from regular exercise
Sprinter / Endurance	ACTN3	T:T	Fits well to speed and endurance activities

[More](#)



Disclaimer: Your test results are for informational purposes only and should NOT be used for making medical, health or any other decisions without consulting a medical professional. Always speak to your doctor and seek professional help before taking action.

Report Summary

YOUR DIET

Report Summary / Diet Plan / Your Matching Diet Type - Mediterranean info

DIET BASICS

FOOD GROUPS

FOOD EXCHANGE

SAMPLE MENU

YOUR MATCHING DIET TYPE - MEDITERRANEAN

Mediterranean Diet is based on eating the typical foods and recipes of countries bordering the Mediterranean Sea. Based on whole grains, vegetables, fruits and legumes and products of the Mediterranean region, such as olive oil, red wine, garlic and herbs. The Mediterranean Diet has shown in various studies to be effective in preventing heart disease.

KEY HIGHLIGHTS OF YOUR RESULTS:

- > You do not have genetic variant associated with an increased food desire, you are more likely to naturally tame up your eating behavior. Adopting new healthy balanced nutrition will be relatively feasible .
- > Your genetic makeup suggests that you are less likely to suffer form high triglyceride levels, nevertheless you should be aware of what you eat.
- > Your genetics have no indication of loss of control eating episodes , you are more likely to have balanced eating behavior
- > Your genotype suggests that you are Lactose persistent, which means that you normally do not experience any problems to digest the milk sugar lactose.
- > Your genetics indicate that you are a " Non Taster" - with no exceptional sensitivity to bitter taste . You don't actually lack a sense of taste It's just that your sense is dampened in comparison with the other groups, especially when it comes to bitter .

YOUR RELATED GENES

MATCHING DIET

Your genotype is associated with a Mediterranean diet which balanced in healthy fats, fresh vegetables and protein.

YOUR DIET GENE RESULT

AFFECTING AREA	GENE	GENOTYPE	RESULT
Gluten Intolerance	HLA	T:T	Likely Tolerant
Lactose Intolerance	LCT	C:T	Less Likely
Triglyceride Levels	APOA5	A:A	Low
BMI	NPY2R	C:C	Lowest
BMI	NPFFR2	A:G	Lowest

FEW EXAMPLES OF WELL KNOWN MEDITERRANEAN DIET PLANS:

- The Sonoma Diet
- The Ultimate Omega-3 Diet
- Mayo Clinic pyramid diet



Disclaimer: Your test results are for informational purposes only and should NOT be used for making medical, health or any other decisions without consulting a medical professional. Always speak to your doctor and seek professional help before taking action.

Report Summary

YOUR EATING BEHAVIOR

Report Summary / Eating Behavior

EATING BEHAVIOR

SNACKING

REACTION TO FOODS

- Bitter Taste
- Lactose Intolerance
- Gluten Intolerance

GENES & EATING BEHAVIOR

There are certain genes that have the potential to impact how we perceive and desire particular foods, and influence our eating behaviors, such as excessive snacking and difficulty feeling full.

For example, variants in the FTO gene, which result in a have an impaired satiety responsiveness, suggesting that FTO's correlation with increased body mass index partially involves effects on appetite.

This type of information, generated from testing is included in your report, and can be used to understand how to modify your lifestyle and behaviors for optimum wellness.

YOUR RELATED GENES

Your genetics have no indication of loss of control eating episodes , you are more likely to have balanced eating behavior

YOUR EATING BEHAVIOR RELATED GENE RESULT

GENE	GENOTYPE	RESULT
DRD2	A:A	High Snacking
TAS2R38	G:G	Non Taster
FTO	T:T	Typical
FTO	T:T	Typical
HLA	T:T	Likely Tolerant
LCT	C:T	Less Likely



Disclaimer: Your test results are for informational purposes only and should NOT be used for making medical, health or any other decisions without consulting a medical professional. Always speak to your doctor and seek professional help before taking action.