

Koncepcje nutrigenomiki

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Nutrigenomics concepts

Summary

The term *nutrigenomics* refers to the effect of diet on gene expression, while the term *nutrigenetics* refers to the influence of genetic variation (*single nucleotide polymorphisms* and/or *copy number variation*) on the response to a specific diet, functional food or diet supplement. Nutrigenomics and nutrigenetics become an important new research areas because there is growing evidence that diet can influence the long-term risk for metabolic, degenerative or cancer diseases. Various nutrients can influence DNA and chromatin structure, regulation of transcription and signal transduction. Understanding of the diet-gene interactions will allow to redefine current concepts of preventive medicine or dietetics and improve functional food production.

Key words:

nutrigenomics, nutrigenetics, single nucleotide polymorphism, genome health, dietary components, dietary targets

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