

## **Nutrigenomics**

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Human genomics research accelerated in advance of, and especially following, the publication of the (almost) complete human genome in 2003. This stimulated a proliferation of genetic research into various aspects of human biology, primarily into medicine and disease, but also other associated aspects including nutrition. However, most scientists agree that the potential discoveries and thus applications of this research have barely even begun to be realised. A current question is whether nutrigenomics research has advanced to a stage where practical applications are warranted, i.e., provide actionable information and are cost effective. Personally, as someone who's been fascinated by the genomics of exercise and nutrition for some time, I'm happy to admit that I really *want* to believe that practical applications are warranted. But, regrettably, wanting something to be true doesn't make it so. In this session, I'll try to be objective in evaluating whether genome-based personalisation of nutrition is warranted.