

### **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