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Dietary habits (Matoba, 2020)

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Diet

STUDY SUMMARY

Identification of genetic regions associated with dietary habits.

STUDY DESCRIPTION

Eating and drinking habits can influence one's risk for, or protection from, certain diseases. This study sought to identify genetic variants that are linked to different dietary habits by examining genetic information and diet of over 165,000 Japanese individuals enrolled in the BioBank Japan Project. Multiple genetic variants were identified. One variant in particular, rs671, affected multiple dietary habits including consumption of alcohol, coffee, tea, milk, yoghurt, fish, tofu and natto, a traditional Japanese food made from fermented soybeans.

The variant rs671 is linked to the consumption of many foods and beverages.

DID YOU KNOW?

The best way to make healthy changes to eating habits is to make small changes at a time. For example, keeping more fruits and vegetables at home can help maintain a healthy diet.

YOUR DETAILED RESULTS

The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to NA. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to NA. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to NA. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our Nebula Library tutorial.

VARIANT	YOUR GENOTYPE	COMMENTS	EFFECT SIZE	VARIANT FREQUENCY	SIGNIFICANCE
rs671_A NEW	G / G	Decreased consumption of alcohol, natto, tofu and fish. Effect sizes and statistical significances vary.	-0.10 (–)	25%	2.70×10^{-24}
rs671_A NEW	G / G	Increased consumption of coffee, tea, milk and yoghurt. Effect sizes and statistical significances vary.	0.09 (–)	25%	6.00×10^{-21}