Definitions

**Precision nutrition** is an approach that uses individual data to predict how a person will respond to specific foods or dietary patterns and tailors dietary recommendations to their individual needs. These personalized recommendations are expected to elicit behavioral changes that would lead to improvements in health... (Berciano et al. in *Frontiers in Nutrition*)

**Personalized nutrition** uses individual-specific information, founded in evidence-based science, to promote dietary behavior change that may result in measurable health benefits. (Adams et al. in *Advances in Nutrition*)

Suggested Reading

**Academy of Nutrition and Dietetics**

**American Nutrition Association**

**Consumer Research**

**Institute for the Advancement of Food and Nutrition Science**

**NIH Workshop**

**Other**

**Science Communication**