

KEEPING YOU
IN THE KNOW

Blame it on your GENES?



Researchers from The Miriam Hospital's Weight Control and Diabetes Research Center say individuals with variations in certain "obesity genes" tend to eat more meals and snacks, consume more calories per day and often choose the same types of high fat, sugary foods.

The findings suggest it may be possible to minimize genetic risk by changing one's eating patterns and being vigilant about food choices, in addition to adopting other healthy lifestyle habits, like regular physical activity.

Our lifestyle choices are critical when it comes to determining how thin or heavy we are, regardless of your genetic traits. However, uncovering genetic markers can possibly pinpoint future interventions to control obesity in those who are genetically predisposed.



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