

Lifestyle Component	Gene(s), rs number(s)	Your Genetic Variant	Your Risk/Response	DNA-Based Recommendations and Implication
Calories	UCP1, rs1800592	AA	Typical	Your resting metabolism is typical. Aim for a 500 calorie deficit per day for weight loss.
Protein	FTO, rs9939609	AA	Enhanced	You can enhance your weight loss if you consume 25-35% of calories from protein.
Total Fat	TCF7L2, rs7903146	TC	Typical	Consume 20-35% of calories from fat.
Saturated Fat	APOA2, rs5082	CC	Enhanced	You can enhance your weight loss if you consume less than 10% of calories from saturated fat.
Unsaturated Fat	FTO, rs9939609	AA	Enhanced	You can enhance your weight loss if you limit your intake of saturated fat to less than 10% of calories and consume at least 5% of calories from polyunsaturated fat.
Monounsaturated Fat	PPARG2, rs1801282	CC	Typical	Consume a balance of monounsaturated and polyunsaturated fat to meet your total dietary fat intake goal.
Sodium	ACE, rs4343	GG	Typical	Limit your sodium intake to less than 2300 mg per day for heart health.
Eating Between Meals	MC4R, rs17782313	TT	Typical	You have a typical likelihood of eating between meals. Do not go longer than six hours without eating.
Physical Activity	FTO, rs9939609	AA	Enhanced	You can enhance your weight loss if you complete at least 30-60 minutes/day of cardio activity, 6 days/week and muscle-strengthening activities at least 2 days/week.
Endurance	ADRB, rs4994	TT	Typical	You have a typical genetic predisposition to excel in endurance-based physical activity.
	NRF2, rs12594956	CA		
	GSTP1, rs1695	AA		
	NFIA-AS2, rs1572312	CC		
Strength and Power	ACTN3, rs1815739	TC	Enhanced	You have an enhanced genetic predisposition to excel in strength and power based physical activity.
Participant Number	X			