Dear Editor,

Conventionally, nutrition is considered as an essential determinant health-related factor. It influences both preventive and therapeutic aspects of human health and disease.[1] Either quantity or quality of the nutrition is emphasized to warrant the fitness.[2] Nowadays, along with the appearance of some new high-throughput technologies and some comprehensive advanced features of nutrition has been developed using personalized genomic data.[3] Nutrigenomic and nutrigenetics are two newfound scientific disciplines focusing on personalized nutrition according to genomic and genetic variations in different persons.[4] Nutrients present, accordingly, different metabolic behaviors among the people attributed to their variable genomic context.

All omics data including genomics, transcriptomics, proteomics, and metabolomics relevant to nutrition could be analyzed through the high-density microarrays and some other high-throughput technologies.[5] These advanced, however, expensive methods help to differentiate the persons regarding the nutrition-related molecular variants. Hence, personalized nutritional advices may be prescribed according to these individual variants. For example, some recent studies have shown that several particular genomic variants within estrogen receptor 1 gene and Vitamin D receptor gene are in correlation with different metabolic profiles after using Ca and Vitamin D supplements.[6] These personalized molecular features could be used to predict the advantages and disadvantages attributed to the prescription of the nutraceuticals.

Iranian traditional medicine (ITM) is an ancient medical school with several 1000-year-old. According to ITM, every person has an individualized temper or “Mizaj” which should be considered in the nutritional options. On the other hand, all foods and beverages have a temper special to itself.[7,8] A person would be healthy if there is a balanced state with his/her basic temper. Interestingly, according to ITM, a diet may be advised to someone but not useful to another, regarding their individual temper.[9] For example, a cold, dry-temper person may feel better through big data. Nat Biotechnol 2016;34:152-4.

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