SelfDecode™

Sugar Cravings

DNA Health Report

REPORT CATEGORY

BLOOD SUGAR CONTROL

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

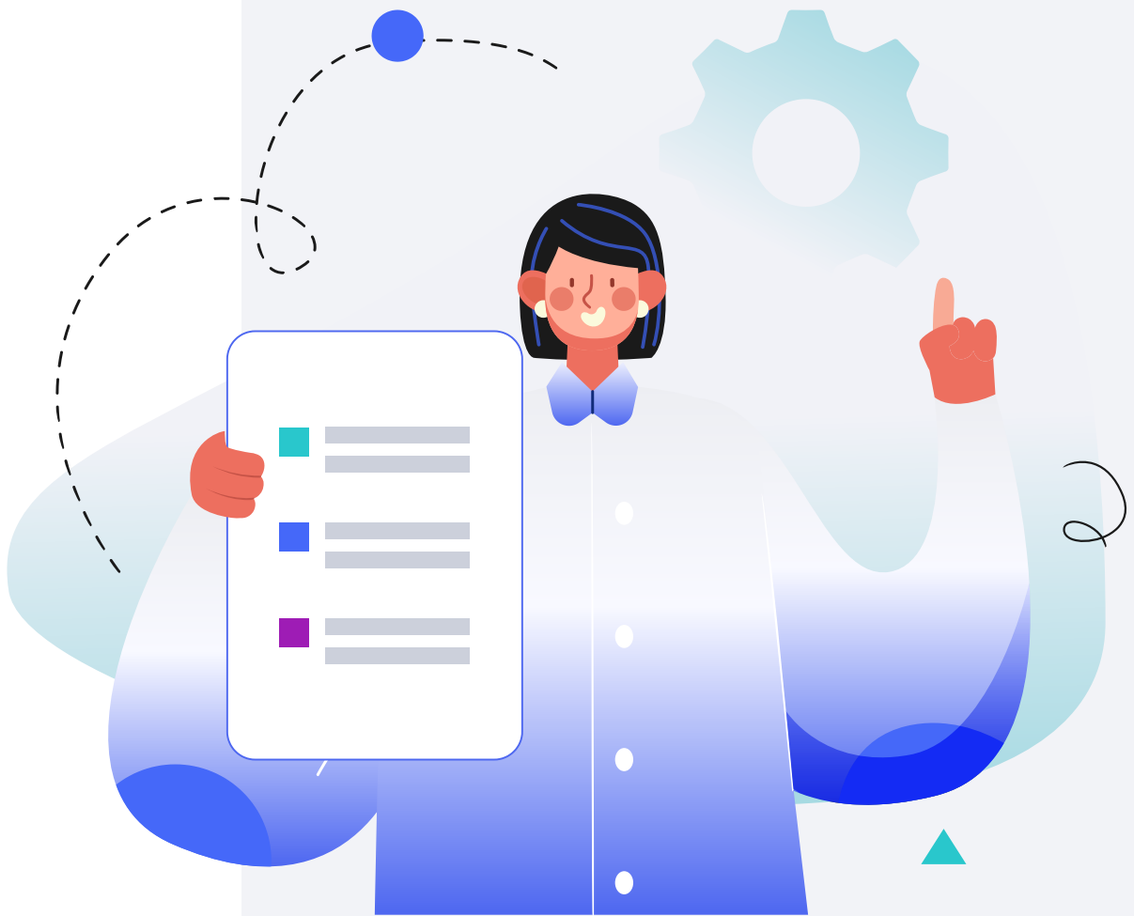
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

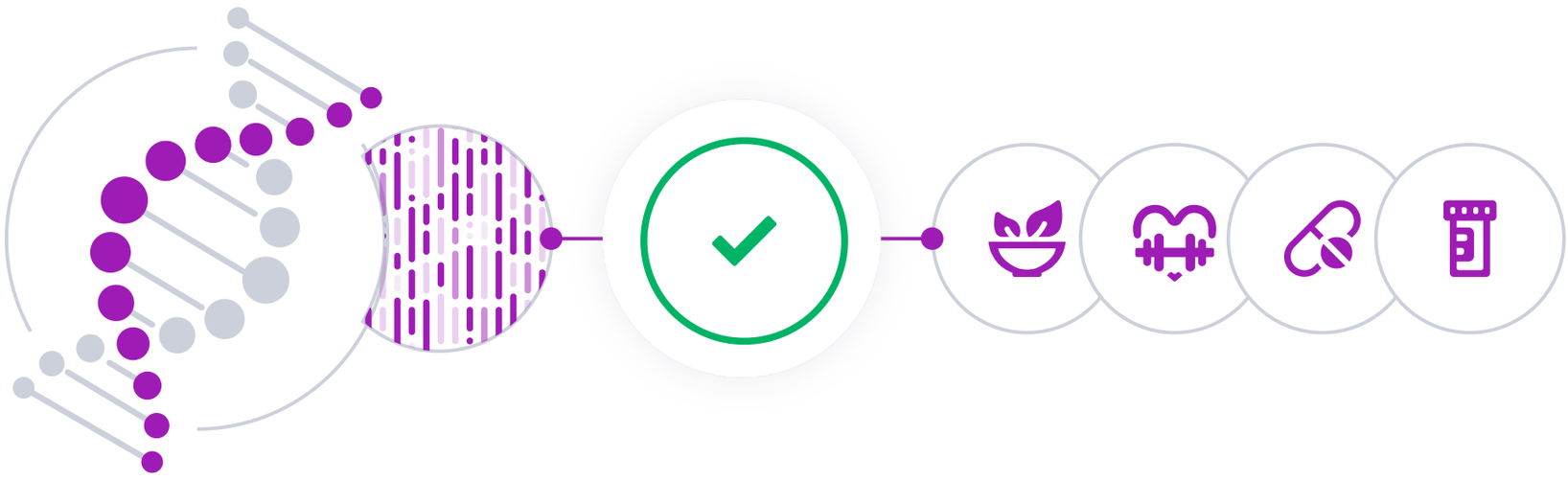


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

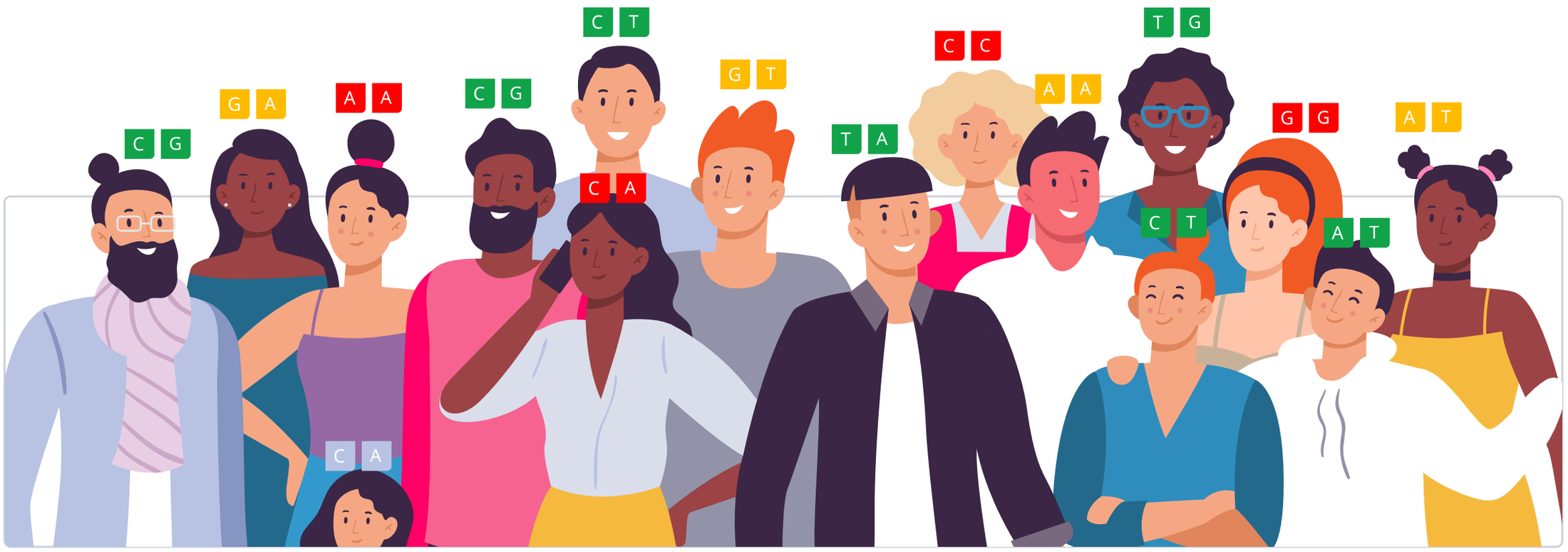
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

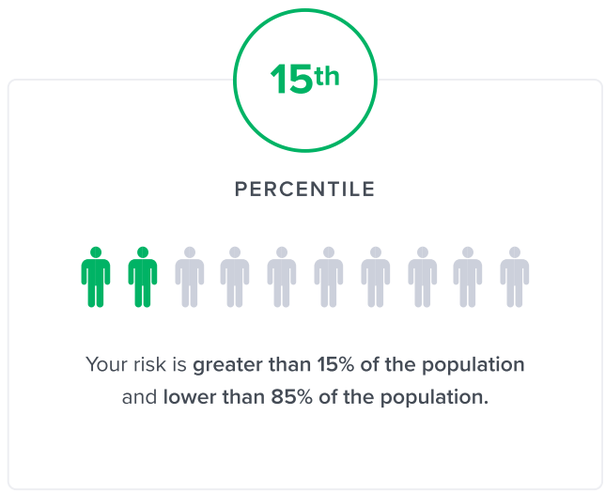
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



Genotype color info:	AA You don't have any risk alleles	AA You have 1 risk allele	AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:

Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Sugar cravings are **intense desires for sweet foods**. They can be triggered by stress, drops in blood sugar, but also may partially be due to our genetics.

But why do most of us gravitate towards sweets?

At a basic evolutionary level, taste tells us if a food is potentially good or bad for us. Scientists suggest that most of us enjoy **sweet flavors** because they **signal high-calorie foods, such as ripe fruits** [R].

In our bodies, **sugar triggers the brain's reward system**, releasing **dopamine**, a neurotransmitter linked to pleasure. This is why we sometimes crave sugary treats – they make us feel good. Unchecked, however, our sugar cravings can lead to addiction [R].

Eating a lot of sugary foods may contribute to various health issues, including obesity, diabetes and heart disease. That is why we need to pay attention to our dietary habits and sugar cravings [R, R, R].

Sweet Tooth Genetics & Health

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you may be less likely to prefer sweets.

Listen to your genes and limit your intake of sweets to maintain optimal health.

Do you have a sweet tooth? Or do you find some foods unpleasantly sweet? Genes, including those that code for our taste receptors, may help explain some of these differences [R, R].

People who have **less sensitive sweet receptors** may have a “sweet tooth.” They **may prefer sweet foods and may eat more of them** [R, R, R].

Other factors that may affect sugar cravings include [R, R, R, R, R, R, R]:

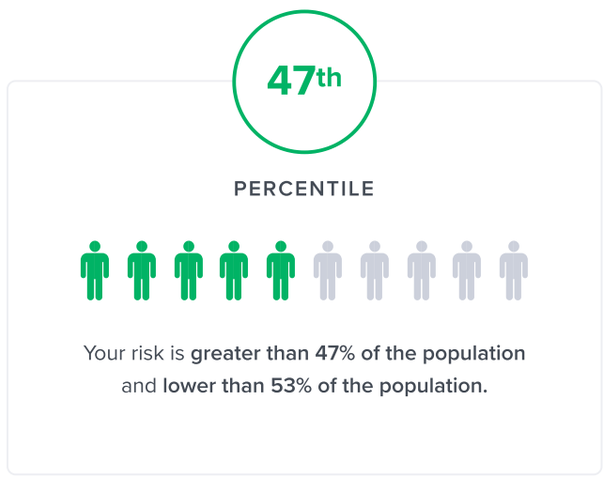
- **Hormonal changes.** Hormones that fluctuate during the menstrual cycle or spikes in the stress hormone cortisol can increase sugar cravings.
- **Nutritional deficiencies.** In some cases, sugar cravings can be a sign of deficiency in essential vitamins and minerals.
- **Lack of sleep.** Poor sleep can knock hunger hormones off balance, making energy-dense sugary foods especially appealing.
- **Stress and mood issues**. When we are stressed, sad or bored, we may reach for sugar as a coping mechanism.
- **Habits.** Regularly getting dessert or sweet drinks after meals can create a habit.

To control sugar cravings [R, R, R, R, R, R, R]:

- **Eat regular, balanced meals.** When your body gets enough food, it won’t go through energy dips and sugar crashes.

LESS LIKELY

Less likely to crave sugar based on 7,277,500 genetic variants we looked at



Your risk is **greater than 47% of the population** and **lower than 53% of the population.**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TAS1R2	rs35874116	TT
TAS1R2	rs3935570	GG
FGF21	rs838133	AG
/	rs56404116	AA
ATP10B	rs4552669	AA
ATP10B	rs10037124	TT
SERPINA1	rs11568814	CC
ORC5	rs10953405	AA
WSCD1	rs35253088	TT
NOTCH1	rs710411	AA
DNAJA4	rs4887033	TT
FSCB	rs537022264	AA
AGMO	rs12699747	TC
KISS1R	rs350132	AT
/	rs13347339	TC
/	rs13182470	CT
GOLGA8B	rs2433267	GA
CLMP	rs17127163	TA
RELN	rs62485870	TA
CST7	rs62215296	GA
/	rs2815675	C
RARB	rs7619139	AT
SLC2A2	rs5400	GG
ALDH2	rs671	GG

- **Get enough sleep.** Enough of quality sleep reduces sugar cravings.
- **Manage Stress:** Incorporate stress-reducing activities and strategies into your routine. Find healthy ways to cope with stress, such as exercise, meditation, or other hobbies. **Exercise Regularly:** Regular physical activity can decrease sugar cravings.
- **Identify Triggers:** Pay attention to what makes you reach out for a sugary treat.
- **Find Healthy Swaps:** Replace sugary foods with healthier alternatives.

GENE	SNP	GENOTYPE
ITGA4	rs13029040	CC
TMEM63C	rs74340145	GG
DCC	rs55940710	CC
PNLIPRP3	rs2033397	CC
MTDH	rs2448140	CC
CDH20	rs1497980	CC
HTR5A	rs7795216	AA
BHLHE23	rs138884670	TT
/	rs145221345	CC
LRIT3	rs142911827	CC
N6AMT1	rs139744648	TT
HACE1	rs116683943	GG
OR51T1	rs142576658	GG
PTPRZ1	rs78017114	TT
SEC24D	rs569450439	AA
TMEM248	rs185288219	CC
DSEL	rs184797377	AA
MTX3	rs139896719	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Whole Grains	
2	Greek Yogurt	
3	Eat Fiber-Rich Foods	
4	Apples	
5	Aerobic Exercise (Cardio)	1 hour
6	Drink at Least 8 Glasses of Water a Day	
7	Gymnema	200 mg
8	Acceptance and Commitment Therapy (ACT)	
9	Almonds	
10	Eat More Protein and Less Carbs	
11	Regular Sleep Schedule	
12	Chia Seeds	
13	Eggs	
14	Griffonia Simplicifolia	
15	Prunes	
16	Chromium	200 mcg
17	Mindfulness Meditation	30 minutes
18	Avocado	

1

Whole Grains

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

A systematic review and meta-analysis of 36 studies found that whole grain foods may reduce hunger and desire to eat while increasing feelings of fullness and satiety more than refined grain foods [R].

2

Greek Yogurt

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Incorporate Greek yogurt into your diet by eating at least one serving (about 6 ounces or 170 grams) daily. You can enjoy it as a breakfast item, a healthy snack, mixed with fruits and nuts, or as a substitute for sour cream in recipes.

Description

Greek yogurt is a protein-rich dairy product that provides essential nutrients like calcium and probiotics for gut health. It's a nutritious addition to the diet that can support digestion and overall nutritional well-being.

How it helps

Yogurt snacks, regardless of their protein content (ranging from 5g to 24g), have been shown to reduce hunger and increase feelings of fullness, with high-protein versions extending the time until the next meal the most [R, R, R].

When compared to the following foods, greek yogurt offered greater reduction in hunger [R, R]:

- Skim milk
- Whole milk
- Cheddar cheese
- Soy beverage

Interestingly, when older adults consumed cheese and yogurt alongside carbohydrates, they not only felt fuller but also recorded lower blood sugar levels than those who had milk or soy beverages [R].

3

Eat Fiber-Rich Foods

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can't digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can't digest. It supports digestion, heart health, blood sugar control, and more [R, R].

Adults should get 28 g of fiber every day. Most people in the US don't get enough fiber [R, R].

You can get more fiber by eating [R, R]:

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as psyllium husk, are available for people who don't get enough fiber from their diets [R, R].

How it helps

High-fiber diets may reduce appetite. The following fiber-enriched foods have been shown to reduce hunger and increase satiety [R]:

- Dairy enriched with gelled pectin (10 g) [R, R].
- Fiber addition (rye bran and pea fiber) to meatballs [R].
- High-fiber cereal (33 g insoluble fiber) [R].
- High-fiber cereal (90 g, containing 11 g of fiber) [R].
- Viscous fiber-containing nutrition bars [R].

Fiber supplements also offer benefits in fullness, including:

- Fenugreek fiber (8 g/day) [R].
- Dextrin supplements (8 to 24 g/day for at least 5 days) [R, R].
- Digestion-resistant maltodextrin (5-10 g/day) [R].
- Flaxseed fiber extract (2.5 g of soluble fibers) [R].

However, not all studies found these benefits [R, R, R, R].

Fiber supplementation may help by reducing leptin, which is associated with a higher appetite and obesity [R].

4

Apples

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate at least one whole apple into your daily diet, either as a snack or part of your meals, ensuring to eat them consistently every day for an ongoing period to derive potential health benefits.

Description

Apples are a nutritious fruit known for their fiber content and antioxidant-rich skin. They support overall health by aiding digestion, reducing the risk of chronic diseases, and promoting heart health.

Apples (*Malus domestica Borkh.*) are one of the most widely consumed fruits in the world. They have a high nutritional value and content of antioxidants [R, R].

Eating apples is associated with a lower risk of [R, R]:

- Heart disease
- Asthma
- Diabetes

How it helps

Consumption of whole apples may reduce hunger, enhance satiety, and reduce food intake compared with both apple puree and apple juice. Apples may help by [R, R, R]:

- Encouraging more chewing
- Increasing the viscosity of the stomach content
- Slowing stomach emptying

5

Aerobic Exercise (Cardio)

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic training (30-60 minutes/session, 3x/week for 6-12 weeks) may increase feelings of fullness compared to resistance training. Morning exercise compared to evening exercise and high-intensity compared to low-intensity exercise may offer greater benefits [R, R, R, R, R, R].

However, not all studies found this benefit [R, R].

Aerobic exercise may help by reducing leptin levels [R].

6

Drink at Least 8 Glasses of Water a Day

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [R].

How it helps

Drinking water 30 minutes before a meal (375-1,000 mL) may reduce calorie intake during the meal, especially in older people and those with diabetes. Drinking water may help by increasing fullness [R, R, R, R].

7

Gymnema

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a gymnema supplement containing 200 to 400 mg of gymnemic acids daily, ideally with a meal to potentially aid in reducing sugar absorption in the intestines. The duration can vary, but many users incorporate it into their daily routine for several months to assess its effects on blood sugar levels and cravings for sweets.

TYPICAL STARTING DOSE

200 mg

Description

Gymnema is an herb used in traditional medicine for its potential to support blood sugar control. Some studies suggest it may have benefits for individuals with diabetes, but it's important to consult with a healthcare provider before using it as a supplement.

Gymnema (*Gymnema silvestris*), also known as cowplant, gurmar, or periploca of the woods, is a plant originally from India. In Ayurvedic medicine, it is known as meshashringi or “the destroyer of sugar” because it temporarily **reduces the taste of sugar** on the tongue [R, R].

It is traditionally used for [R, R]:

- Diabetes
- Weight loss
- High cholesterol

How it helps

In a placebo-controlled trial of 58 healthy volunteers, supplementation with *Gymnema sylvestre* (4 mg/day) for 14 days reduced pleasantness and intake of chocolate [R].

Rinsing the mouth with *Gymnema sylvestre* solution (2.5%) before ingesting a sweet solution decreased subjective sweet taste intensity in 2 non-placebo-controlled trials of 24 healthy volunteers [R, R].

Gymnema sylvestre may help by numbing your taste buds to prevent them from experiencing sweetness, thereby reducing your desire to eat sugary things.

8

Acceptance and Commitment Therapy (ACT)

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

A study of 48 overweight women showed that those who used acceptance-based strategies instead of standard methods like cognitive reappraisal and distraction experienced fewer cravings and ate less candies over 3 days, especially if they were more prone to cravings or tended to eat in response to emotions [R].

A study of 15 people found that a digital ACT-based weight management intervention helped tackle emotional eating by fostering self-awareness and teaching alternative coping strategies, such as preparation and acceptance [R].

Another study of 219 overweight or obese people experiencing stress showed that ACT, both face-to-face and mobile, improved intuitive eating behavior and weight by improving thinking flexibility [R].

9

Almonds

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate a handful of almonds (about 23 kernels) into your daily diet. You can eat them as a snack, add them to your breakfast cereals or yogurt, or include them in salads and other dishes. Do this consistently for ongoing health benefits.

Description

Almonds are a good source of omega-6s, protein and vitamins, making for a great snack food. A 1-ounce serving provides 3700 mg of omega-6.

Almonds are nutritious tree nuts that originate from the Prunus dulcis tree. They are packed with essential nutrients, including healthy fats, fiber, vitamin E, and magnesium, which collectively contribute to heart health, support weight management, and may help regulate blood sugar levels.

How it helps

Consuming almonds (26-55 g/day, providing about 10% of total energy needs) may help with food cravings more than baked products and biscuits by decreasing hunger and desire to eat. They may improve the levels of appetite-regulating hormones [R, R, R, R, R, R, R].

Hence consuming almonds as a snack may help decrease carbohydrate and sugar intake and lower blood sugar and insulin levels after meals. However, not all studies found this benefit [R, R].

10

Eat More Protein and Less Carbs

IMPACT 1 / 5

EVIDENCE 3 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [R].

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [R, R].

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [R, R, R, R, R, R].

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [R, R, R, R].

Meanwhile, protein boosts muscle mass and helps control your weight [R].

How it helps

A higher protein intake may increase fullness compared to a low protein intake. This may result in a lower food intake in some people [R, R, R, R].

11

Regular Sleep Schedule

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

In a study focusing on sleep restriction, limiting sleep to 6.5 hours a night made sweet and dessert foods like ice cream and candy seem more appealing compared to when a healthy sleep duration of 10 hours was maintained. Interestingly, this increase in appeal did not extend to non-sweet foods such as meat, eggs, fruits, and vegetables, nor did it affect self-reported levels of hunger [R].

12

Chia Seeds

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate 1 to 2 tablespoons of chia seeds into your daily diet. You can add them to yogurt, smoothies, oatmeal, or salads. Do this regularly as part of your daily meals.

Description

Chia seeds are high in fiber, omega-3 fatty acids, and various vitamins and minerals. Adding chia seeds to your diet can support digestive health, provide essential nutrients, and contribute to overall nutritional wellness.

Chia seeds are a healthy source of omega-3s, calcium, as well as fiber, iron, magnesium phosphorus, and vitamins B1 and B3. A 1-ounce serving provides 5.06 g of ALA.

How it helps

In a study of 15 healthy people, chia seeds made people feel less hungry and more satisfied compared to flaxseed. Chia seeds may help due to its higher fiber viscosity [R].

13

Eggs

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate eggs into your diet 3-4 times a week, preferably for breakfast or as part of a balanced meal. They can be boiled, scrambled, or made into omelets, ensuring they are cooked thoroughly.

Description

Eggs are a nutrient-dense food rich in protein, vitamins, and minerals. They support various aspects of health, including muscle development, brain function, and eye health.

Eggs are great nutrition sources, with protein, healthy fats, arachidonic acid, and numerous vitamins and minerals.

How it helps

Breakfasts with eggs (for 3 weeks) may reduce food intake at lunch compared to breakfasts with cereal or oatmeal, without affecting daily energy intake or hunger sensation throughout the day [R].

14

Griffonia Simplicifolia

IMPACT 1 / 5

EVIDENCE 1 / 5

Description

Griffonia simplicifolia is a West African plant known for being a rich source of 5-hydroxytryptophan (5-HTP), a direct precursor to the neurotransmitter serotonin [R, R].

This plant extract, particularly from its seeds, has gained attention for its potential health benefits, including [R, R]:

- Supporting mental health by improving mood
- Aiding in sleep by promoting serotonin and melatonin production
- Reducing appetite

Griffonia simplicifolia is also explored for managing conditions related to serotonin imbalance, such as motion sickness, depression, anxiety, and various sleep disorders [R].

How it helps

A study revealed that a dietary supplement made from Griffonia Simplicifolia extract (for 4 weeks) reduced hunger and supported weight loss in 20 overweight women. The 5-hydroxytryptophan (5-HTP) in Griffonia Simplicifolia may help by increasing satiety [R].

15

Prunes

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

Prunes are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

How it helps

Eating prunes provides fiber and nutrients that slow digestion, helping to regulate blood sugar levels and reduce sugar cravings. Their natural sweetness also serves as a healthy alternative to high-sugar snacks, thwarting off sugary temptations.

In a study with 45 healthy, normal-weight subjects, consuming a preload with dried prunes led to reduced dessert intake and lower total energy intake at the meal. Subjects also reported lower feelings of hunger, desire, and motivation to eat, possibly attributed to the prunes' high fiber content [R].

16

Chromium

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a 200 mcg chromium supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

200 mcg

Description

Chromium is a trace mineral that plays a role in insulin sensitivity and glucose metabolism. Adequate chromium intake through diet or supplements may help support blood sugar control and overall metabolic health.

Chromium (Cr) is a trace element. It helps regulate carb, fat, and protein breakdown [R].

Women need 20-25 micrograms (mcg) of chromium per day, while men need 30-35 mcg [R].

It's easy to get chromium from your diet. Good sources include [R]:

- Grape and orange juice
- Ham
- Beef
- Lettuce

You can also get chromium from supplements [R].

How it helps

A study of 42 overweight women with carbohydrate cravings found that chromium picolinate (1,000 ug/day for 8 weeks) reduced food intake, hunger levels, and fat cravings [R].

In another study on 113 adults with atypical depression, chromium picolinate supplementation (600 ug/day for 8 weeks) increased appetite and eating and reduced carbohydrate craving [R].

However, research on overweight adults with binge eating disorder did not find the same benefits [R].

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Mindfulness Meditation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

In a study of 66 people prone to stress-eating, mindfulness meditation training (for over 31 days) reduced stress-eating behaviors, emotional eating, and food cravings. Meditation may help by changing brain activity related to rewards and emotions [R].

However, not all studies have found these benefits [R, R].

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Avocado

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate half to one whole avocado into your daily diet. You can add it to salads, sandwiches, or use it as a healthy fat substitute for spreads or dressings.

Description

Avocado is a nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. It is packed with vitamins, minerals, and dietary fiber, and may support heart health, skin health, and overall nutrition.

Avocado is a fruit first cultivated in Mexico in 500 BCE [R, R].

You can eat it raw in salads, sandwiches, and dips. Avocado oil has recently become popular, but it's much less nutritious than the whole fruit.

Avocado is rich in antioxidants, vitamins, minerals, and fiber. It may support [R]:

- Heart health
- Healthy weight
- Healthy aging

How it helps

Research in 57 overweight/obese adults found that replacing carbohydrates in a high-carbohydrate meal with avocado (half or a whole piece) increased feelings of fullness [R, R].

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

Zinc	17.12 umol/L	7.65 · 9.18 · 12.24 · 19.89	9 Nov 2025
Glucose, Fasting	97 mg/dL	55 · 65 · 80 · 95 · 100 · 126	9 Nov 2025