DNA-Based Diets Could Be the Next Big Weight Loss Trend

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Ever feel like no matter how hard you try, it's impossible to lose weight? Well, scientists have established that your genes might be partially to blame. That's why obesity experts say diets based on an individual's genetic makeup could help those who find it difficult to slim down, according to findings published in the journal Obesity the New York Post reports.

According to researchers, within the next five years, we might see doctors start to use a combination of genetic and behavioral information to develop individual weight-loss plans for their patients. Besides helping people find the right foods to help keep the pounds off permanently, these strategies would also tailor workout regimens to individual users. (Weight loss note: Experts say exercise is essential to any good diet plan.)

"Obviously, prevention would be the best approach," said Molly Bray, MD, PhD, a geneticist and professor of nutritional science at the University of Texas at Austin, and lead study author. "But there are literally millions of individuals who are currently obese and are in dire need of strategies for long-term weight loss that will ultimately improve overall health."

Today, up to one-third of Americans are considered overweight. To learn more about how genes could affect your ability to lose weight, click here.

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