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Fried food consumption, genetic risk, and body mass index: gene-diet interaction analysis in three US cohort studies

BMJ 2014; 348 doi: <http://dx.doi.org/10.1136/bmj.g1610> (Published 19 March 2014)

Cite this as: BMJ 2014;348:g1610

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Re: Fried food consumption, genetic risk, and body mass index: gene-diet interaction analysis in three US cohort studies

28 March 2014

The findings of the study of Qi and colleagues¹ underscore the difficulty of making healthy choices even among individuals who are supposed to have adequate health literacy to guide their food intake.² Based on the editorial associated to the paper which suggests that genetic mutations explain individuals' failure to take the short and narrow road to healthy eating (and living),³ it would seem that it's about our genes, first and foremost, and the environment second. Is (increased) genetic screening and targeted counseling the answer?

A complex condition as obesity will not be resolved by sheer (increased) genetic screening and targeted counseling. In fact, among the non-morbid obese, such an approach may lead to unintended consequences thinking that they have a clean bill of health to down every and larger amounts of fried food.

I certainly could still patronize fastfood restaurants every single day like back in university especially since my consumption of junk, fast, fried food never showed (physically). But, fried food, though crunchy is never always, "aromatic, palatable, and rich" Qi and colleagues state and as such easily satiating. And, considering that I know better now about healthy eating, I can't imagine going back, although I have not given up and never will give up on my fried chicken, burger and carbonated drink. In fact, right now I could go for a deep-fried pan pizza – if only I could find one in the Netherlands.

1 Qi Q et al. Fried food consumption, genetic risk, and body mass index: gene-diet interaction analysis in three US cohort studies. BMJ. 2014 Mar 19;348:g1610.

2 Carrera P. The difficulty of making healthy choices and "health in all policies". Bulletin of the World Health Organization. 2014;92:154.

3 Blakemore AJ, Buxton JL. Obesity, genetic risk, and environment. BMJ 2014;348:g1900.

Competing interests: None declared

Pricivel M. Carrera, Assistant Professor

Health Technology and Services Research, University of Twente, Drienerlolaan 5, 7522NB Enschede, The Netherlands

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