



Nature vs nurture in Food selection; A debate!

Sidra Khalid

PhD Human Nutrition and Dietetics Lahore Medical Research Center LLP

ARTICLE INFO

How to Cite:

Khalid, S. . (2022). Nature vs nurture in Food selection; A debate!. Pakistan BioMedical Journal, 5(6). <https://doi.org/10.54393/pbmj.v5i6.641>

When it comes to dietary and nutritional preferences, no discussion of human nutrition is validated without addressing the underlying genetic composition. Genetic differences might also shadow someone's food likes and dislikes, enrooted to food preferences in nutritional behavior. Among the food bloggers its always been a point of debate that among the 'Nature versus nurture' which is more powerful. Recent literature states that scientist are still tracing this ancient concept touching temperament to exercise and from tendencies to eat. Numerous factors play an important role in our food selection and affect what we eat, however current literature have displayed that possibly the DNA plays a bigger role in a person's diet and food choices than we expect.

'Our DNA affects what we eat'. The genetic code can play a significant role in the alteration of tendencies towards food, involving gluten sensibility, taste choices, and lactose intolerance, among others. Additionally, multiple notable scientists and researchers have associated specific genetic pointers with specific characteristics. Such as recent studies linked a variant of a genes for bitter sense of taste stimuli; responsible for either one enjoy drinking coffee or not. The individual encompassing this kind of a genetic marker observe an increased bitter flavor while showcasing a greater propensity to drink more coffee. Among the factors that impact food preferences and selections, the surrounding society and the availability of specific type of foods play a major part in choosing a certain food material. Upon determination of numerous associated genetic markers, the role of heredity in particular eating patterns of human beings has been disclosed. In the Central Nervous System (CNS), the genetic disparity can potentially have an impact in the degree of satiety, observation of taste, and numerous other elements that have frequent effect on food intake. In the present day, no such authenticated data or information is available for human beings in this particular range. Similarly, the nutrient absorption in human beings could also be varied or impacted. For instance, there is an elevated level of iron absorption in hemochromatosis with genetically associated mitigation of gastric intrinsic factor, eventually resulting in pernicious anemia and faulty and imperfect vitamin B12 absorption. Moreover, the innate variances in the functionality of enzymes and multiple different active proteins add to differences in nutritional specifications and preferences, leading to variable relation of specific nutrients with genetically dependent biochemical and metabolic facets. Whereas, this innate variation is relatively altered from epigenetic possibilities in numerous life stages pertaining to growth, old age, and gestation.

In all the aspects of food selection, scientists have also taken into consideration, the role of cultural and ethnical elements. The families or relatives linked to a similar ancestor are more likely to show a bit identical genetic makeup. Ultimately, an ethnic group can be described as a comprehensive family having somewhat similar reflections. Subsequently, the uniformities of genetically dependent behaviors and disorders will be displaying a difference among different races, even among various ethnic groups of similar race. In consideration of the possibility of a racial group present in a distinct environment doesn't really demonstrate the role of multiple genes in the ethnic or racial difference of certain traits. Furthermore, the distinction among various genetic and environmental factors can be made a lot stronger if the presence of the genes can be validated.