NUTRITIONAL BIOMARKER: AN IDEAL INDICATOR OF NUTRITIONAL STATUS

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ABSTRACT
Nutritional biomarker is any biological specimen indicates the nutritional status, which is influenced by intake and metabolism of dietary constitutes. Nutritional biomarker provides sensitive and reliable measure of nutritional status than dietary data as it incorporates metabolism to assess dietary changes. Nutritional biomarkers have strong correlation with dietary intake and it is an independent assessment of the dietary intake of a particular nutrient. Thus it can be used in large-scale population surveys and epidemiologic studies as well as smaller clinical studies. Biomarkers are available for many nutrients and are used as ideal indicator for assessing nutritional status as they measure activity of a cellular enzyme or process. With the advances in genomics, epigenomics, proteomics and metabolomics have greatly accelerated biomarker discovery for nutritional research.

KEY WORDS: Biomarker, epigenomics, genomics, nutritional status, proteomics.

REFERENCES


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