

THE WORLD IN 30 MINUTES

JUST FOR YOU: PERSONALIZED NUTRITION

30' (GER)

A new trend is coming from Israel, which questions all previous wisdom regarding healthy food: personalized nutrition.

Never before has society thought so much about proper nutrition. The trends are varied and often contradictory, flexitarians, vegans and supporters of paleolithic food each claim that their diet is the most natural and therefore the healthiest. This means that general nutritional recommendations for each individual organism cannot be made at all. For example, is salad not healthy for everyone? Could it even be that chocolate is better for some than broccoli?

Original Title:	Just for you: Megatrend personalisierte Ernährung
Year:	2019
Produced by:	NZZ

