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Nutritional genomics, also referred to as nutrigenomics, is considered one of the next frontiers in the post-genomic era. Its fundamental premise is that while alterations in gene expression or epigenetic phenomena can subvert a healthy phenotype into manifesting chronic disease, through the introduction of certain nutrients, this process can be reversed or modified. Employing state-of-the-art genomic and proteomic investigations that monitor the expression of thousands of genes in response to diet, nutrigenomics investigates the occurrence of relationship between dietary nutrients and gene expression.

Nutrigenomics was compiled to update the reader on recent advances in this emerging field. Over forty experts in nutrition, physiology, pathology, pharmacology, and the microbial sciences from all across the world present cutting-edge developments and emerging methods presently used in nutrigenomics. They include the latest studies and research on the role of oxidants, antioxidants, phytochemicals, and micronutrients in the modulation of gene expression affecting aging, immune function, carcinogenesis, and vascular health. As most human diseases are largely avoidable by lifestyle changes, this places nutrigenomics at the forefront of preventive medicine.