



## HealthWatch 360 First Nutrition App Aligned with the Dietary Guidelines for Americans 2015

San Diego, CA- GB HealthWatch, a San Diego-based digital health and nutritional genomics company, announces an updated nutrition scoring system in their popular mobile app, HealthWatch 360. The update positions HealthWatch 360 to be the first nutrition app fully aligned with the Dietary Guidelines for Americans 2015.

HealthWatch 360 was developed by molecular nutrition scientists and registered dietitians. Unique to other mobile apps in the health and fitness arena, HealthWatch 360 generates a daily nutrition score that guides users to create their own diets using their favorite foods while still ensuring they meet their nutritional needs. It is a simple tool that everyone can use in their daily life to find out how well they are meeting nutritional recommendations of the Dietary Guidelines.

The new Dietary Guidelines contain important changes based on scientific evidence and emphasize healthy eating patterns, calorie control and nutritional balance. Their main objective is to prevent diet-related chronic diseases, namely cardiovascular disease, high blood pressure, obesity, metabolic syndrome and type 2 diabetes. Instead of targeting specific foods, the recommendations reinforce the concept of combining a wide range of foods to meet nutritional needs. They endorse three healthy dietary patterns – Healthy US-Style Food Patterns, Mediterranean and Vegetarian – and encourage Americans to prioritize their traditional and ethnic foods.

“We developed a dietary quality assessment algorithm that fully aligns with the USDA 2015 Dietary Guidelines.” said Christina Troutner, MS, RDN, registered dietitian and nutrition scientist at GB HealthWatch. “A person can enter what they ate for the day and the HealthWatch 360 app will generate a nutrition score on a scale from 1-100. A score of 90 or above indicates the food combination is adequate to meet nutritional needs in regards to both macronutrient (carbohydrate, fat and protein) ranges and vitamin and mineral requirements. When tested, the three dietary patterns endorsed by the Dietary Guidelines received GB nutrition scores over 90, validating the legitimacy of the underlying algorithm. The nutrition scoring system is very powerful and guides people to create personalized, healthy diets using endless food choices.”

There are two major updates included in the new Dietary Guidelines:

- (1) no restriction on dietary cholesterol
- and (2) limit added sugars to less than 10 % total calories.

Lifting the restriction on dietary cholesterol ends over 20 years of wrongful blame on this nutrient as a major health concern, granting Americans the freedom to eat more cholesterol-rich foods like egg yolks, shellfish and organ meats. This is important, as these foods also happen to be the best sources of choline, retinol and long-chain polyunsaturated fatty acids (e.g. EPA and AA), essential nutrients that are often insufficient in the American diet. Deficiencies in these nutrients increase risks of developing fatty liver disease, high triglycerides (hypertriglyceridemia), type 2 diabetes and metabolic syndrome.

“We were anticipating these changes,” said Mendel Roth, PhD, a molecular nutrition scientist at GB HealthWatch. “From the genetics point of view, about 30-40% of the population have variations in their FADS1, PEMT and/or BCMO1 genes that impair their ability to biosynthesize nutrients like choline, retinol, EPA and AA; these people will benefit from including more cholesterol-rich foods in their diets in order to prevent nutritional deficiencies. In contrast, people with impaired cholesterol metabolism, such as those with the APOE4/E4 genotype, must avoid foods high in cholesterol in order to reduce their risk of cardiovascular disease.”

The new limit on added sugars draws public attention to the harmful effects of sugary drinks. Simple carbohydrates in the diet is one of the driving factors behind high blood glucose levels, hypertriglyceridemia and type 2 diabetes. In addition, people with certain genetic backgrounds are more sensitive to excessive carbohydrates in the diet, especially added sugars.

Good nutrition is important for our health. However, foods that are good for one person might not be good for another. This difference is due to each person’s genetic individuality. The mismatch between a person’s DNA and their diet is the root cause of many diet-induced chronic diseases. GB HealthWatch is working now to incorporate health conditions and genetic backgrounds into our food and nutrition algorithm in order to personalize nutritional recommendations. We expect that, going forward, as DNA sequencing and precision medicine becomes commonplace, there will be genetic-based dietary guidelines instead of a one-size-fits-all approach.

GB HealthWatch has formed a partnership with Otogenetics, a CLIA and licensed genetic testing company based in Atlanta, Georgia, to develop next-generation sequence-based DNA tests for preventable metabolic diseases. Our goal is to deliver DNA-informed diets as preventative “medicine” through mobile app technology with the aim of helping Americans prevent and minimize common chronic diseases. We welcome collaboration with academic institutions and healthcare organizations.

### **About GB HealthWatch**

GB HealthWatch is a nutritional genomics company. We study gene-diet-disease interactions. Our mission is to help prevent common chronic diseases through targeted, gene-based nutritional and dietary intervention. We aim to inform people about the scientific basis of chronic diseases, support them with nutrition management products and services and empower them to take control and live better lives.

### **About Otogenetics Corporation**

Otogenetics Corporation is a CLIA-certified and licensed medical genetic testing company specializing in using next generation sequencing and other advanced molecular genetic technologies for high quality and targeted genetic testing. The company has developed genetic tests for various genetic and metabolic diseases. In addition, Otogenetics offers high quality next generation sequencing services for genome, exome, and RNA-seq for government and academic institutions, biotechnology and pharmaceutical companies, as well as medical doctors and clinics. Additional services and products provided by Otogenetics Corporation can be found at [www.otogenetics.com](http://www.otogenetics.com).

[www.gbhealthwatch.com](http://www.gbhealthwatch.com)