Eight studies conducted a controlled study of an online nutrition education program for undergraduates.

Methods

The Three Factor Eating Questionnaire (TFEQ) has demonstrated genetic variation and association with dietary restraint, eating concern, and weight status. This study examined the relationship between eating concern and 50 common SNPs, including PPARα, PPARβ/δ, and PPARγ gene variants. SNPs on all three genes were measured using the TaqMan SNP Genotyping Assay. The association between SNP genotypes and eating concern was assessed using a linear mixed model with adjustment for age and sex. The study included 658 individuals, and the main finding was that individuals with the G/G genotype for PPARβ/δ had significantly lower eating concern compared to those with the A/A genotype. This study provides new insights into the genetic basis of eating concern and highlights the potential role of PPARβ/δ in regulating dietary restraint and weight status.