

made for you, not the average

Your genes, translated into food

23 results from 48 genes, in plain English, with food advice
matched to a vegetarian diet.



Your genetic fingerprint

Each petal is one result. Longer petals show where your genes have more say.

- Carbs · 1
- Fats · 4
- Protein · 2
- Vitamins and minerals · 11
- Behaviour · 5

Colour shows the area, never good or bad.

YOUR PROFILE

Appetite-led, protein-responsive

Report
Sample

Food advice for
Vegetarian

Report date
15 Oct 2026

Results
23 from 48 genes

How to read this report

Every result tells you four things: its area, how much say your genes have, what to do about it, and how strong the science is.

1. The area, shown by colour

Colour never means good or bad

Carbs and energy

Fats

Protein

Vitamins and minerals

Behaviour

2. Genetic influence, 0 to 5

0 to 1 · Little

Your genes aren't steering this.
Your habits do the work.

2 to 3 · Some

Your genes give this a gentle nudge.

4 to 5 · Strong

Your genes likely shape how you respond. Small changes go furthest here.

A high score isn't bad and a low score isn't good. It shows where your genes have the most say, so you know where to put your effort.

3. What to do with it

Focus

Strong genetic influence. Gets a full page with specific actions.

Worth knowing

Little genetic push, but a fact that's useful to you.

No change needed

Your genes aren't asking for anything special.

4. The science

■■■ **Strong** large, repeated studies ■■■ **Moderate** consistent, smaller effect
■■■ **Emerging** early, worth testing

Tendencies, not destinies

Your DNA shows how you're likely to respond.
Food, sleep and movement still shape the outcome.

Not a medical test

Taking medication, pregnant or managing a condition? Talk to your GP before changing your diet.

YOUR PROFILE · VEGETARIAN

Appetite-led, protein-responsive

Your genes have the most say over how full you feel, how your blood sugar responds to refined carbs, and how well you use a few nutrients that are harder to get on a vegetarian diet.

11 **Focus**
strong genetic say

3 **Worth knowing**
a useful fact each

9 **No change**
habits lead here

Your five priorities



Build every meal around protein and fibre

Three linked results all score 5. Protein at each meal is likely to keep you fuller and make snacking easier to manage.

p5



Make B12 a daily habit

You may absorb B12 less well, and a vegetarian diet has fewer sources. Dairy, eggs or fortified foods every day.

p6



Get omega-3 in a ready-to-use form

You may convert plant omega-3 less efficiently. Algae oil gives you EPA and DHA directly, without fish.

p7



Don't eat carbs on their own

Your blood sugar may swing more after refined carbs. Pair them with protein, fat or fibre, and go wholegrain.

p8



Lean on eggs, soya, beans and greens

Choline, folate, vitamin C and calcium all score 4 or 5. These foods cover them between them.

p9 to
10

Your 23 results

Carbs and energy

1 result

Glucose response

Focus



4

Bigger swings after refined carbs

Fats

4 results

Omega-3

Focus



4

Converts plant omega-3 less well

Lipid handling

Focus



4

Clears blood fats a little slower

Saturated fat



2

Little genetic effect

Unsaturated fat



1

Typical response

Protein

2 results

Protein and fullness

Focus



5

Protein strongly drives fullness

Protein amount

Focus



5

Total protein matters more for you

Behaviour and sensitivities

5 results

Snacking and appetite

Focus



5

Feel the pull of snacks more

Caffeine

Note



1

Likely clears caffeine faster

Bitter taste



1

No strong genetic effect

Alcohol

Note



0

Fewer immediate effects, same risk

Lactose



0

Digests lactose as an adult

Vitamins and minerals

11 results

Choline

Focus



5

May need more from food

Vitamin C

Focus



5

May absorb it less efficiently

Vitamin B12

Focus



4

May absorb it less efficiently

B2, B6 and B9

Focus



4

May use folate less efficiently

Calcium

Focus



4

Some variation in absorption

Vitamin D

Note



2

Little genetic effect; UK winter matters

Vitamin A



2

Typical beta-carotene conversion

Iron



1

Typical absorption

Sodium



1

No known genetic effect

Vitamin E



1

No known genetic effect

Vitamin K



1

No known genetic effect

Reading this page

Bars show genetic influence from 0 to 5. Colour shows the area only.

Focus has its own page with actions.

Note low score, useful fact: page 11.


Focus Protein · Behaviour

Protein, fullness and snacking

Three of your strongest results point the same way: protein is likely to matter more than average for how full you feel and how often you snack.

Protein and fullness

Protein likely drives how full you feel


5/5
Emerging

Protein amount

Total protein may affect your energy more


5/5
Emerging

Snacking and appetite

You may feel the pull of snacks more


5/5
Moderate

What this means

Your appetite signals and protein seem closely linked. Meals light on protein may leave you hungry sooner, and you may notice food cues, like snacks in sight, more than most.

Why it matters

This isn't about willpower. How you build your meals is likely to make the biggest difference to your energy and how often you reach for snacks.

What to do

1 Protein at every meal

A palm-sized portion, breakfast included: eggs, yoghurt, tofu, beans.

2 Spread it evenly

Similar amounts at each meal beat one large protein meal.

3 Plan snacks, don't fight them

Pair each with protein or fibre: hummus and veg, yoghurt, nuts.

4 Change what's in sight

Fruit and nuts on show, biscuits in a cupboard.

✓ Lean on

Eggs Greek yoghurt and skyr Cottage cheese
Lentils and chickpeas Tofu and tempeh Edamame
Nuts and seeds Oats

– Go easy on

Low-protein meals Sugary drinks
Sweets as snacks
High-sugar protein bars

GENES BEHIND THIS · P13
FGF21 · FTO · TFAP2B · MC4R · BDNF

LINKED RESULTS

● Glucose · p8 ● Choline · p9



Focus Vitamins and minerals

Vitamin B12

You may absorb B12 a little less efficiently, and a vegetarian diet has fewer B12 sources. Together, that makes this one of your most practical results.

B12 absorption and use

Some variation in absorbing and carrying B12


4/5
Moderate

Why diet matters B12 comes almost only from animal foods and fortified products. Plants don't provide B12 your body can use, so dairy, eggs and fortified foods do all the work.

What this means

Variants in the genes that absorb B12 in your gut and carry it in your blood are linked to lower B12 levels. Each effect is small, but they add up with what you eat.

Why it matters

B12 contributes to normal energy release, nerve function and red blood cell formation. Low levels build slowly and often show up first as tiredness.

What to do

1 A B12 source every day
Milk, yoghurt, an egg or fortified cereal each count.

2 Check fortified labels
Plant milks and nutritional yeast only help if B12 is listed.

3 A supplement as a safety net
Worth it if you rarely eat dairy, eggs or fortified foods.

4 Often tired? Get tested
A GP blood test shows your actual level, which DNA can't.

✓ Lean on

Milk and yoghurt

Cheese

Eggs

Fortified plant milks

Fortified cereals

Fortified nutritional yeast

– Go easy on

Relying on unfortified plant foods for B12

GENES BEHIND THIS · P13
CUBN · FUT2 · TCN2 · MTHFR

LINKED RESULTS

● B2, B6 and B9 · p9

● Protein · p5



Focus Fats

Omega-3 and blood fats

You may turn plant omega-3 into its active forms less efficiently, and clear fats from your blood a little more slowly. The answer to both is choosing the right fats.

Omega-3 conversion

Turns plant omega-3 into EPA and DHA less well

**4/5**
Strong

Lipid handling

Clears fats from your blood a little slower

**4/5**
Moderate

What this means

FADS1 and ELOVL2 turn the omega-3 in flax, chia and walnuts into EPA and DHA, the forms your body uses. Your variants suggest this step is slower. Other genes affect how fats travel in your blood.

Why it matters

Most people get EPA and DHA ready-made from oily fish. On a vegetarian diet you rely on conversion, which is the exact step your genes slow down.

What to do

1

Add algae oil

EPA and DHA ready-made, without fish. It's where fish get theirs.

2

Keep plant omega-3

Ground flax, chia and walnuts still help, even if less converts.

3

Cook with olive or rapeseed oil

In place of butter, ghee and coconut oil. Cold-pressed where you can.

4

Fried food and pastry: occasional

The meals your body takes longest to clear fat from.

✓ Lean on

Algae oil

Ground flaxseed

Chia seeds

Walnuts

Rapeseed oil

Extra virgin olive oil

Avocado

Oats

— Go easy on

Butter and ghee

Coconut and palm oil

Fried foods

Pastries and pies

GENES BEHIND THIS · P13

FADS1 · ELOVL2 · APOB · LDLR · TRIB1 · PNPLA3 · LPA · GCKR

LINKED RESULTS

• Saturated fat · p12

• Unsaturated fat · p12


Focus Carbs and energy

Carbs and blood sugar

Your blood sugar may rise and fall more after refined carbs. How you pair and time carbs matters more for you than cutting them out.

Glucose response

Bigger swings after refined carbs and sugar


4/5

Moderate

Built on 8 genes Including TCF7L2, the strongest common genetic link to blood sugar control found in large studies.

What this means

These genes control insulin release and how your body senses and stores glucose. Each has a small effect; together they nudge you towards a stronger blood sugar response.

Why it matters

Sharper rises and dips can affect your energy, focus and hunger a couple of hours after eating, which links straight back to your appetite results.

What to do

1

Never carbs on their own

Toast with eggs, fruit with yoghurt, rice with beans.

2

Go wholegrain and intact

Oats, brown rice, quinoa, potatoes with skins on.

3

Spread carbs across the day

A huge plate of white pasta or rice gives the sharpest rise.

4

Eat at regular times

Avoid long gaps followed by large, fast-digesting meals.

✓ Lean on

Oats

Lentils and beans

Quinoa and bulgur

Wholemeal bread

Potatoes with skins

Sweet potato

Vegetables

Berries

– Go easy on

Sugary drinks

Sweets and cakes

Sugary cereals

Fruit juice

White bread

GENES BEHIND THIS · P13

TCF7L2 · GCK · GCKR · G6PC2 · ADCY5 · ADIPOQ
· IRS1 · PPARG

LINKED RESULTS

● Snacking · p5

● Protein and fullness · p5


Focus Vitamins and minerals

Choline and B vitamins

You may need more choline from food and use folate a little less efficiently. Eggs, beans and leafy greens cover both.

Choline

You may make less of your own, so food matters more


5/5
Emerging

B2, B6 and B9 (folate)

May activate folate less efficiently


4/5
Moderate

What this means

Choline and folate work in the same processes, so they lean on each other. PEMT, BHMT and CHDH affect how much choline you make and use. MTHFR, helped by vitamin B2, activates folate.

Why it matters

Choline comes mostly from eggs and animal foods, so it's easy to fall short as a vegetarian. Folate comes from greens and pulses and is easily lost in cooking water.

What to do

1

Eat eggs regularly

By far the richest vegetarian choline source, and good protein.

2

Beans, lentils or soya daily

They supply choline and folate together.

3

Steam your greens

Boiling leaves folate in the water. Steaming keeps more.

4

Keep dairy in your week

Milk and yoghurt give vitamin B2, which your folate gene relies on.

✓ Lean on

Eggs

Tofu, tempeh and edamame

Lentils and chickpeas

Spinach and spring greens

Broccoli and sprouts

Milk and yoghurt

Peanuts

– Go easy on

Boiled-to-soft veg

Days with no eggs, pulses or soya

From December 2026, UK white flour has folic acid added by law, so white bread adds a little folate too.

GENES BEHIND THIS · P13
PEMT · BHMT · CHDH · MTHFR

LINKED RESULTS

● Vitamin B12 · p6

● Protein · p5


Focus Vitamins and minerals

Vitamin C and calcium

You may absorb vitamin C and calcium a little less efficiently. Neither calls for supplements; both reward getting a little every day.

Vitamin C

May absorb less from food · based on one gene


5/5
Emerging

Calcium

Some variation in how vitamin D helps absorb it


4/5
Emerging

What this means

SLC23A1 moves vitamin C from your gut into your body. VDR and CYP2R1 shape how vitamin D helps you take in calcium. A little less may go in from the same food.

Why it matters

You store little vitamin C, so a daily supply counts. It also helps you absorb iron from plants, useful as a vegetarian. Calcium contributes to normal bones and muscles.

What to do

1

Vitamin C with most meals

Peppers, citrus, berries, kiwi or broccoli. Little and often.

2

Pair it with iron-rich plants

Beans with peppers, lentils with tomatoes.

3

Calcium three times a day

Dairy, calcium-set tofu or fortified plant milk at each meal.

4

Look after winter vitamin D

Calcium needs it to be absorbed. See page 11.

✓ Lean on

Red and orange peppers

Citrus and kiwi

Berries and blackcurrants

Broccoli and kale

Milk, yoghurt and cheese

Calcium-set tofu

Fortified plant milks

Tahini

– Go easy on

Fruit tinned in syrup

Unfortified plant milks

Lots of salt

GENES BEHIND THIS · P13
SLC23A1 · VDR · CYP2R1

LINKED RESULTS

● Iron · p12

● Vitamin D · p11

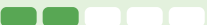
Low scores, useful facts

Your genes don't push hard on these three, but each comes with something practical.



Vitamins and minerals

Vitamin D

 **2/5**
Moderate science

Your genes have little effect on vitamin D. UK winters do.

From October to March, UK sunlight is too weak for your skin to make vitamin D. That's why the NHS advises everyone to consider a 10 microgram vitamin D supplement in autumn and winter. Eggs, fortified cereals and spreads, and UV-exposed mushrooms help a little.

Do: consider 10 micrograms a day, October to March

CYP2R1 · GC



Behaviour and sensitivities

Caffeine

 **1/5**
Strong science

You probably clear caffeine faster than average.

Its effects may wear off sooner for you. Some research suggests faster clearers get a clearer performance lift from caffeine before exercise. A late coffee can still affect anyone's sleep. UK and EU guidance puts the safe limit for adults at 400 mg a day, about four mugs of coffee.

Do: stay under 400 mg a day; try it before training

CYP1A2 · CYP1A1



Behaviour and sensitivities

Alcohol

 **0/5**
Strong science

You may feel fewer immediate effects from alcohol. The risks are the same.

Your variants suggest less build-up of acetaldehyde, the by-product behind flushing and feeling unwell after drinking. That can make it easier to drink more without noticing. It doesn't protect you from alcohol's longer-term harms.

Do: 14 units a week or less, spread over 3 or more days

ALDH2

Where your habits lead

On these nine, your genes aren't asking for anything special. Your everyday choices matter more than your DNA.

Saturated fat

2/5

APOA2 · APOA5 · FTO · PPARG

Little genetic effect on how you handle saturated fat.

Standard advice applies: keep butter, ghee, cream and coconut oil occasional.

Unsaturated fat

1/5

LPL

A typical response to olive oil, nuts and seeds.

Keep using them as your everyday fats.

Vitamin A

2/5

BCO1 · RBP4 · TTR

You convert beta-carotene from plants as expected.

Carrots, squash, sweet potato, leafy greens, eggs and dairy cover you.

Iron

1/5

HFE · TF · TMPRSS6

Typical iron absorption.

Pair beans and greens with vitamin C; keep tea and coffee an hour away from iron-rich meals.

Sodium

1/5

ADD1 · CYP1A1

No known genetic effect on how you handle salt.

UK advice is under 6 g of salt a day. Most comes from bread, sauces and ready meals.

Vitamin E

1/5

CYP4F2 · SCARB1

No known genetic effect on vitamin E.

Nuts, seeds, avocado and cold-pressed oils provide plenty.

Vitamin K

1/5

CYP4F2

No known genetic effect on vitamin K.

Greens, broccoli and sprouts are the main sources. On blood thinners? Keep intake steady and ask your GP or pharmacist first.

Lactose

0/5

MCM6

You are likely to digest lactose normally as an adult.

If dairy still gives you symptoms, something else may be the cause. Speak to your GP.

Bitter taste

1/5

TAS2R38

No strong genetic effect on how bitter greens taste to you.

Taste shouldn't put you off the broccoli, sprouts and kale that help your other results.

The genes behind your results

48 genes in alphabetical order, each with what it does in your body and which results it feeds. Some genes feed more than one result.

ADCY5

Glucose

Helps signal insulin release from the pancreas. Linked to small differences in fasting blood sugar.

ADD1

Sodium

Involved in how the kidneys handle salt. Linked to blood pressure in population studies.

ADIPOQ

Glucose

Makes adiponectin, a hormone from fat tissue that helps your body respond to insulin.

ALDH2

Alcohol

Breaks down acetaldehyde, the by-product of alcohol that causes flushing.

APOA2

Saturated fat

Linked in some studies to how the body responds to saturated fat.

APOA5

Saturated fat

Helps clear triglycerides, the main blood fats, after a meal.

APOB

Lipid handling

Builds the particles that carry cholesterol and fats in your blood.

BCO1

Vitamin A

Converts beta-carotene from plants into vitamin A.

BDNF

Snacking

Involved in brain signals for hunger and fullness.

BHMT

Choline

Uses betaine, made from choline, in an important recycling step in the liver.

CHDH

Choline

Turns choline into betaine.

CUBN

B12

Absorbs vitamin B12 from your gut.

CYP1A1

Caffeine, sodium

A liver enzyme that helps break down caffeine and other compounds.

CYP1A2

Caffeine

The main enzyme that clears caffeine. Variants make people faster or slower clearers.

CYP2R1

Vitamin D, calcium

Activates vitamin D in the liver. Variants are linked to lower blood vitamin D.

CYP4F2

Vitamins E and K

Breaks down vitamins E and K. Also used to guide doses of the blood thinner warfarin.

ELOVL2

Omega-3

Lengthens omega-3 fats on the way to making DHA.

FADS1

Omega-3

A key step in turning plant omega-3 (ALA) into EPA and DHA.

FGF21

Protein and fullness

A hormone linked to food choice, including how much protein and sugar people prefer.

FTO

Protein amount, saturated fat

The best-studied appetite gene. Linked to energy balance and how people respond to diet.

FUT2

B12

Shapes your gut environment. Linked to B12 levels in the blood.

G6PC2

Glucose

Helps set your fasting blood sugar level.

GC

Vitamin D

Makes the protein that carries vitamin D in your blood.

GCK

Glucose

Your body's glucose sensor. Sets when insulin is released.

GCKR

Glucose, lipid handling

Controls how the liver handles glucose, and affects blood fat levels.

HFE

Iron

Controls how much iron your gut absorbs. If iron overload (haemochromatosis) runs in your family, talk to your GP.

IRS1

Glucose

Passes insulin's signal into your cells.

LDLR

Lipid handling

Clears LDL cholesterol from your blood.

LPA

Lipid handling

Sets your level of lipoprotein(a), a blood fat particle largely decided by genes.

LPL

Unsaturated fat

Breaks down blood fats so your body can use or store them.

MC4R

Snacking

A key appetite gene in the brain. Common variants have a small effect on hunger.

MCM6

Lactose

Controls whether the lactase enzyme stays switched on in adulthood.

MTHFR

B2, B6 and B9, B12

Turns folate into its active form, with help from vitamin B2.

PEMT

Choline

Lets your liver make some of its own choline.

PNPLA3

Lipid handling

Involved in how the liver handles fat.

PPARG

Glucose, saturated fat

Guides fat cell development and how tissues respond to insulin.

RBP4

Vitamin A

Carries vitamin A in your blood.

SCARB1

Vitamin E

Takes up fat-soluble nutrients, including vitamin E, into cells.

SLC23A1

Vitamin C

Absorbs vitamin C from your gut.

TAS2R38

Bitter taste

A bitter taste receptor that decides how bitter some vegetables taste to you.

TCF7L2

Glucose

The strongest common gene linked to blood sugar control and insulin release.

TCN2

B12

Carries vitamin B12 in your blood to your cells.

TF

Iron

Makes transferrin, the protein that carries iron in your blood.

TFAP2B

Protein amount

Linked to where the body stores fat and how people respond to different diets.

TMPRSS6

Iron

Helps set hepcidin, the hormone that controls iron absorption.

TRIB1

Lipid handling

Linked to blood fat levels.

TTR

Vitamin A

Helps carry vitamin A in your blood. This report looks only at that role.

VDR

Calcium

The vitamin D receptor, which helps you absorb calcium.

What this report leaves out

Some genes in raw DNA data are known mainly for links to medical conditions rather than nutrition. This report doesn't interpret them, and it doesn't test for any condition. If a condition runs in your family, talk to your GP.

How this report works

1**Your raw DNA data**

Your sample is read into raw genetic data, which Boone receives.

2**Our own interpretation**

Boone interprets 48 nutrition genes with its own documented method, based on published research.

3**Results you can use**

The genes behind each result are combined into one 0 to 5 score, with food advice set for your diet.

Your data stays yours

Your data is stored and processed in the UK. Boone will never sell or share your individual data with advertisers.

Check before big changes

Talk to your GP or pharmacist first if you take medication (especially blood thinners), are pregnant or breastfeeding, or have a health condition.

NEXT STEP

Your DNA shows tendencies. Boone shows what you actually eat.

Log meals in seconds and see how they measure up on the things this report flags for you: protein at each meal, fibre, vitamins and minerals.

Log any way

Photo, text, barcode or receipt

29 micronutrients

Tracked against UK guidelines

Daily insights

Eating patterns, diversity and trends

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This report is for information and education. It is not a medical or diagnostic test and does not replace advice from a qualified healthcare professional. Genetic results show tendencies, not certainties.

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