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You Are What You Eat (And Drink)

USANA scientists discover a link between diet and gene regulation

SALT LAKE CITY, Sept. 7, 2017 /PRNewswire/ -- You've heard the old adage, [You are what you eat](#)" — meaning, our bodies are made up of the things we consume (good, bad and ugly). But new research has discovered that what we eat and drink may have a significant impact on how our genes are regulated.

An infographic with a blue header that reads "IS YOUR CHILD'S LUNCH CHANGING THEIR DNA?". Below the header, there are two rows. The top row shows a bowl of various fruits (watermelon, apple, orange, kiwi) with an arrow pointing to a blue DNA double helix. The bottom row shows a carton of "Fresh Juice" with an arrow pointing to a blue DNA double helix. A small blue circle with "VS." is placed between the two rows. To the right of these illustrations is a white text box with a rounded top and a blue border. The text inside reads: "USANA researchers have found that whole fruits and 100% fruit juice don't have the same health benefits. And it affects your DNA differently. Whole fruit is rich in natural fiber. Even 100% fruit juice isn't. That's the main difference. Subjects who consumed whole fruits vs. fruit juice had significantly different chemical signatures on their DNA. You literally are what you eat and drink. Help your kids be the healthiest version of themselves." At the bottom of the text box is the USANA logo.

In a new study published in the journal "Nutrients," scientists from USANA discovered the chemical signatures found on DNA (termed DNA methylation) were different in subjects who consumed whole fruit versus 100 percent fruit juice. These distinct signatures are linked to different cell-signaling pathways and immune cell functions, suggesting that whole fruit and juice may not confer the same health benefits and should not be thought of as nutritionally equivalent.

"We remain at the forefront of scientific research and the development of technology to improve human health," said Myron Wentz, Ph.D., founder and chairman of the board of USANA. "USANA was founded on a commitment to developing nutritional products based on science. This study helps to continue this legacy, shining a new light on the cell-signaling pathways which drive the interactions between our diet and immune health. We took a unique approach to identifying these cell-signaling pathways by using epigenetics, furthering our goal of personalized nutrition."

"We are thrilled to share the findings of this study. Our hope with each scientific discovery is that we continue to take steps to creating healthier and more fulfilling lives," said Rob Sinnott, Ph.D., chief scientific officer at USANA.

To read the study in its entirety, click [here](#).

For more information about USANA, visit www.usana.com.

About USANA

Founded in 1992, USANA Health Sciences (NYSE: USNA) is a U.S.-based nutritional company that manufactures high-quality supplements, personal care and healthy food products in its state-of-the-art facility in Salt Lake City. Learn more about USANA by visiting <http://www.askthescientists.com> or the official USANA blog <http://whatsupusana.com>.

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