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Integrative data analysis of genotype, microbiome and metabolomics for prediction of response to diet for improved metabolic health

Rikke Linnemann Nielsen1, Marianne Helenius1, Rasa Muktupavela1, Cecilia Bang Jensen1, Lea Benedicte Skov Hansen1, Henrik Munch Roager3, Nadja Buus Søndertoft4, Henrik Vestergaard4, Torben Hansen4, Martin Iain Bahl3, Susanne Brix5, Karsten Kristiansen6, Tine Rask Licht5, Lotte Lauritzen2, Oluf Pedersen4, Ramneek Gupta1.

1 Department of Bio and Health Informatics, Technical University of Denmark.
2 Department of Nutrition, Exercise and Sports, University of Copenhagen.
3 National Food Institute, Technical University of Denmark.
4 The NNF Center for Basic Metabolic Research, University of Copenhagen.
5 DTU Bioengineering, Technical University of Denmark.
6 Department of Biology, University of Copenhagen.

Diet is known as an important factor for metabolic health. This study investigated the impact of a whole grain-rich diet (75 g/d)/gluten-poor diet (< 2g/d) or refined grain diet (< 10g/d) on metabolic health in 102 healthy adult participants with a metabolic risk profile (40 male, 62 female). Intervention diets were consumed for 8 weeks followed by the opposite diet after an at least 6 weeks ‘wash-out’ period. Anthropometric measurements, biochemical blood samples, gut microbiome profiling, urine metabolites and host genetics were obtained in the beginning and end of each intervention. The whole grain-rich and gluten-poor diets induced statistically significant weight loss on the groups. However, response to diet is not universal across all individuals and is suggested to be influenced by a complex interplay between the host genome, gut microbiota and environment [1]. To further study personal response to diet, we integrated in this post hoc analysis data into machine learning models to predict weight loss from baseline markers (204 observations). The work is ongoing and identification of metagenomic species’ interaction with host genotype and metabolite changes are expected to generate hypotheses of the personal response to diet using feature importance. Integration strategies are evolving and have involved use of top predictive features for each data type or pre-selecting features based on pathway information. The machine learning framework indicates that differences in the baseline gut microbiota partly explain the observed host physiological response. In addition to the weight loss, we are also examining immune markers as additional indicators of metabolic health outcome.

References