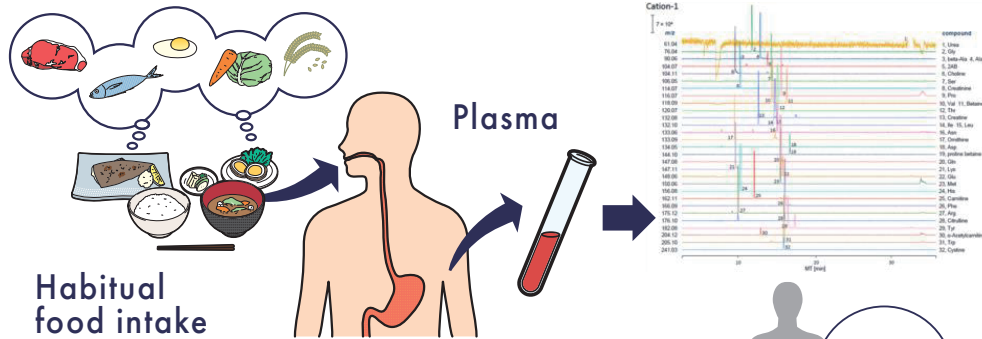




STUDY QUESTION

- How does habitual food intake affect the circulating plasma metabolome?
- Does metabolome serve as potential food intake biomarkers?

It is crucial to develop food intake biomarkers as objective assessment tools for dietary exposure.



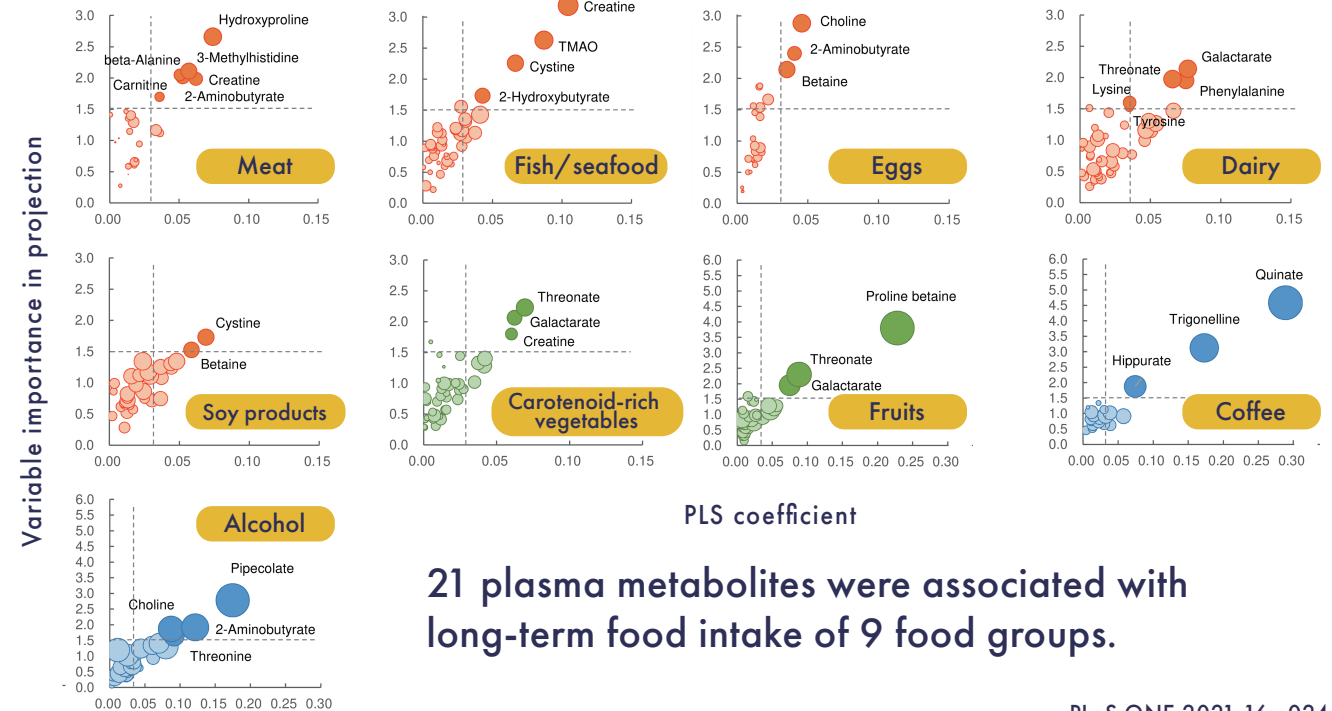
Habitual food intake

Plasma

Metabolomic analysis

Metabolomics can yield great advancements as a tool for objective food intake evaluations and its biological consequences.

7,012 participants aged 40–69 years from Wave 1 survey of TMCS.



21 plasma metabolites were associated with long-term food intake of 9 food groups.

PLoS ONE 2021;16:e0246456.



Metabolomics will open the way for the application of new reliable dietary assessment tools through objective quantification of biofluids.