



Gaps in Nutritional Research

Food & Health Deep Dive Series

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David Yocom | Venture Associate
dyocom@iselectfund.com

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Executive Summary

The world of nutrition is confusing to navigate at best. We know intuitively what is healthier for us, but much of nutrition has yet to be understood. And billions are spent delivering treatment to Americans with chronic, often diet-related diseases like diabetes and obesity representing ~70% of US healthcare costs. Food is central to our health.

Though we don't know everything there is to know about nutrition, our understanding of it has evolved. For most of the 1900s, and even still to a certain extent, research was focused on single nutrients and their potential role in health and disease. We know certain foods, refined sugars for example, that should be avoided if possible. But we need to more deeply understand the complexities underlying what we should eat and how it is influenced.

Whether it is food components yet to be characterized, the interaction between diet, genetics, our environment, or our lifestyle, we are only beginning to truly understand how food & nutrition work for us.



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A Thank You to Our Guests



Dr. Bruce German
Professor - Food Science / Chemistry
UC Davis



Jim Howard
CEO
Readout Health



Dr. Rob
Professor
U



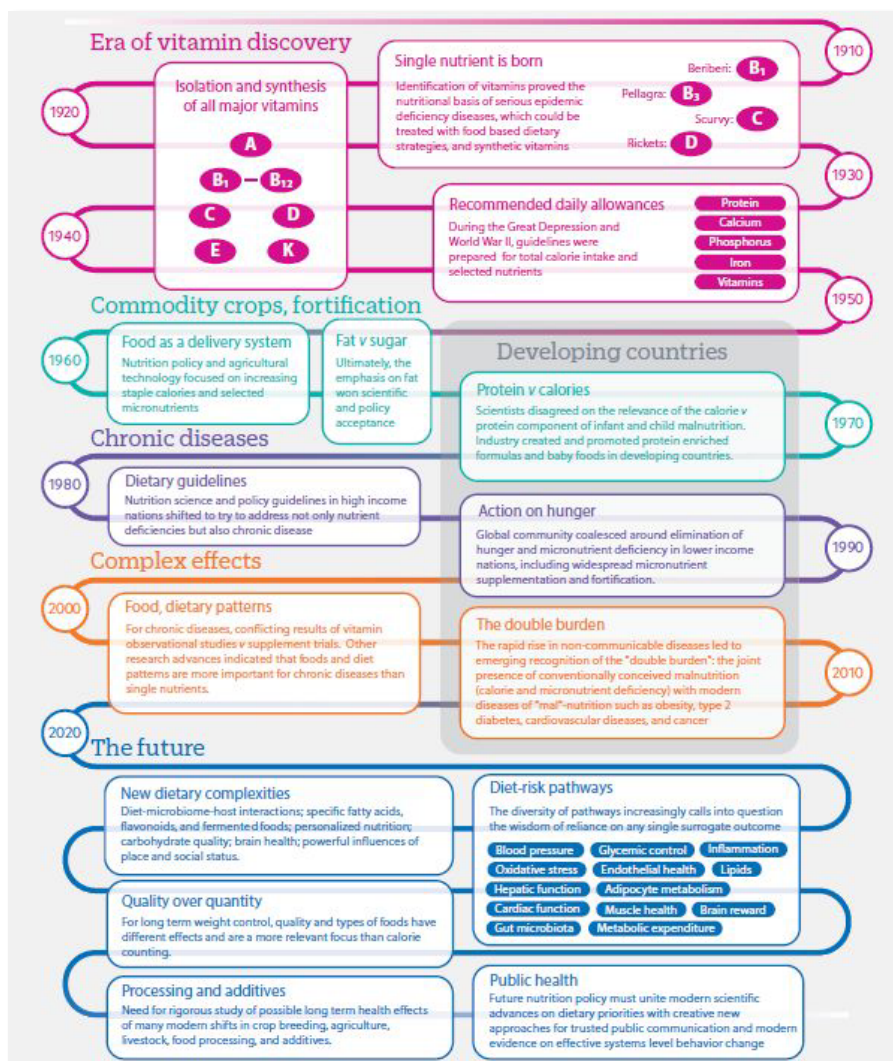
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Gaps in Nutritional Research

Definitions & Trends

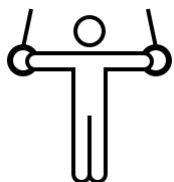
A Brief History Of Nutrition Science



- Discovery
- Development
- Characterization of a focus on
- Focus on identifying keys to so
- Fat character malnutrition diets enco
- A new form of "ov obesity &
- Characterization of human hea
- Focused on opposed to

So what do we actually know?

“Eat food, not too much, mostly plants.” – Michael Pollan,



Exercise is good

People who regularly exercise have up to a 35% lower risk of coronary heart disease and stroke, 50% lower risk of type 2 diabetes and 50% lower risk of colon cancer. - NHS



Eat your fruits and vegetables

It is now understood that diets low in plants are actually 3X more deadly than diets high in unhealthy foods – EAT Lancet Commission



There are good fats

Avocados are high in monounsaturated oleic acid, a heart-healthy fatty acid that is believed to be one of the main reasons for the health benefits of olive oil. - Healthline



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Frameworks for Gaps in Nutrition



Food Components & Form

What's in our food & how has it been processed?



Foods in Context

What happens when we eat foods together or at different times?



Stage of Life

How does food affect us at different stages of life?



Comorbidities

How does food affect me?



Individual

How does food affect me?



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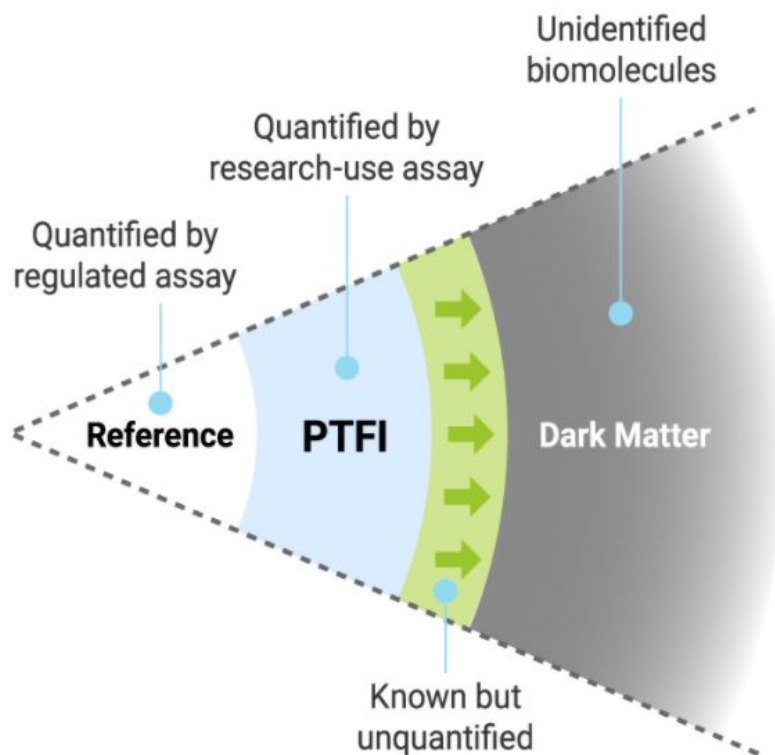
The Future of Nutrition is Google Map



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The Periodic Table of Food Initiative (PTFI)

A Periodic Table of Food



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PREDICT 1 & PREDICT 2

Summary

- Everyone is unique in food response – even identical twins
- Genetics explains only a fraction of how we respond to foods
- The composition of the meal explains <30% of our responses
- How and when we eat can impact our response to food
- Dissecting the integrated, inter-related multidirectional pathways with large scale, high resolution data makes precision nutrition achievable



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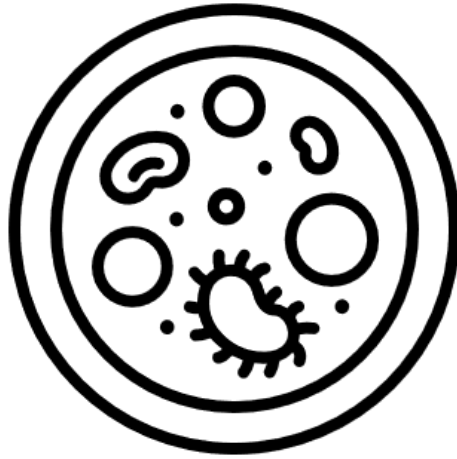


Technology Innovators

Opportunities & Challenges

Discussion: Highlighting Two Health Areas

Microbiome Health



Metabo



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Microbiome Health

Startup Solutions



BETTER CARBOHY

Overview

- Carbohydrate discovery
- Potential to understand

State of the Industry

- Some individual microbes well understood ex. *b. infantis*
- Prebiotics beginning to be incorporated into food
- Consortia in therapeutics

The Opportunity

- Microbiome is implicated in nutrient uptake, immunology, inflammation, neurological health, etc.
- Opportunity for natural interventions



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Metabolic Health

Startup Solutions

LEVELS



BioLumen

Lumen



bonumose®



brightseed

LSee



READOUT

Overview

- Readout Health is a ser
- The Company's initial p

State of the Industry

- Increasingly high awareness to reduce sugar intake
- Real time tracking becoming more accessible
- New diets (ex. keto) catching on like wildfire

The Opportunity

- Learn how different people metabolize different foods differently.
- Preserve sweet foods without the consequences
- Prevent disease earlier



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Thesis

Thoughts Going Forward

Thoughts & Thesis

Key Risks & Considerations Going Forward

- Nutritional Genomics: While our genetics impact how we metabolize food, it's not the only role. There are too many companies focused solely on this.
- Non-clinical Grade: Devices & interventions involving nutrition don't always work as intended, which can turn them into simply adherence tools or worse, s

Areas of Opportunity

- Adherence: Adherence seems to be one of the biggest challenges to success. We need to learn more about it. A platform combining adherence and data collection could be powerful.
- Meaningful Realtime Measurement: Longitudinal data is a luxury in the current market. The ability to gather high quality data about numerous parts of a person's life has longer term understanding and value. Pulling all the pieces together is key.
- Functional Foods: While going after specific nutrients isn't a catch-all, it's a way to address harmful ingredients without sacrificing perceived quality

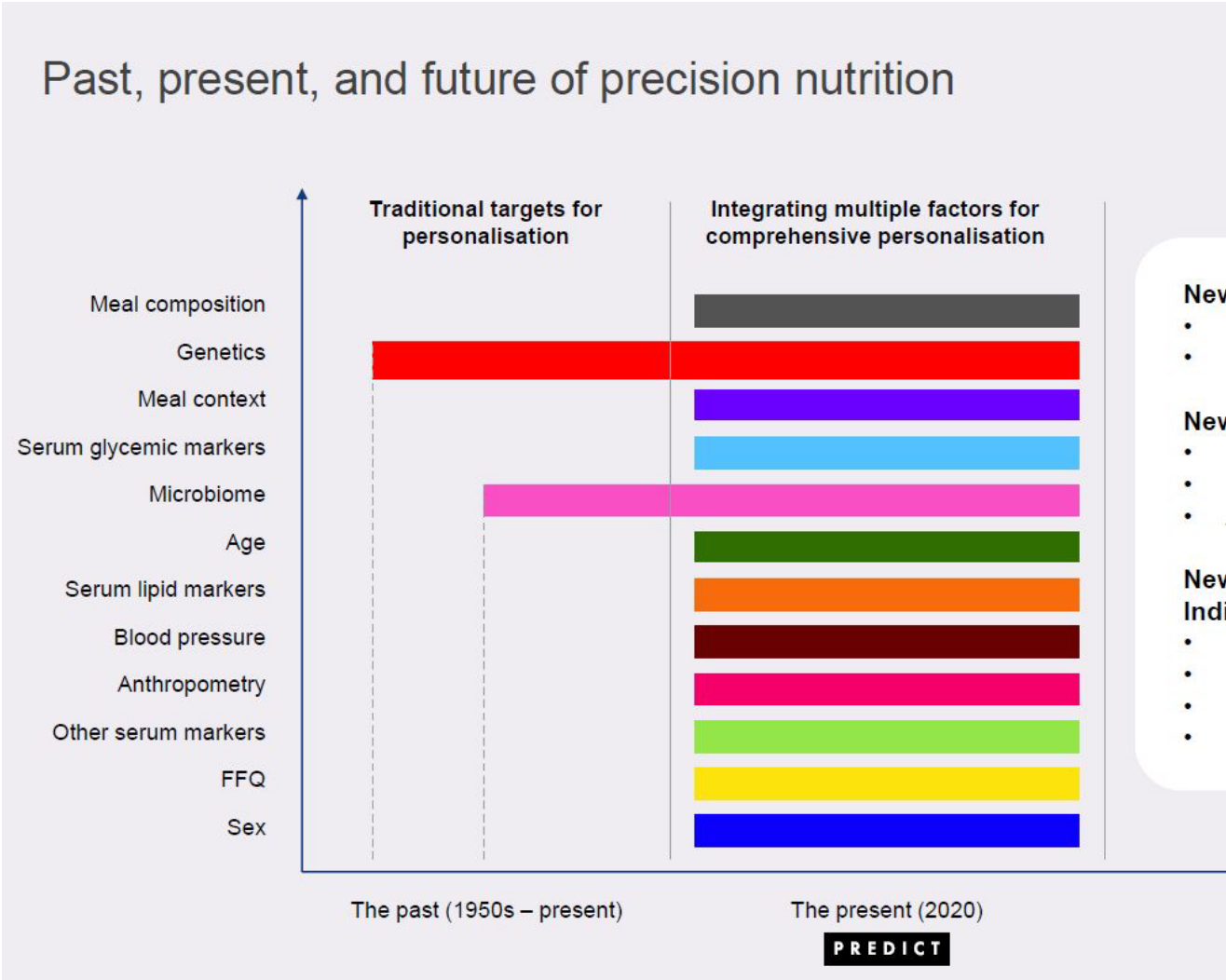
Remaining Questions

- What is needed more: technology innovation or business model innovation?
- When will we know for early products / technologies that generated n



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Thoughts & Thesis



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Frameworks for Solutions

- **Constant measurement / easier measurement**
- **Applications / training / coaching for adherence**
- **New ingredients that make it easier to achieve health goals, reduce costs.**
- **Building better nutrition into the building blocks of food itself.**
- **Education in how to prepare foods that are healthier without compromising taste.**



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