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(54) Title: OPTIMIZED NUTRITIONAL FORMULATIONS, METHODS FOR SELECTION OF TAILORED DIETS THEREFROM, AND METHODS OF USE THEREOF

(57) Abstract: Nutritional compositions and formulations that optimize nutritional contents are provided. Dietary compositions and methods for tailoring such compositions to optimize levels of nutrients that have beneficial effects within specific ranges are provided. Dietary plans, and formulations comprising dietary products that comprise optimized levels of nutrients derived from phytochemicals, antioxidants, vitamins, minerals, lipids, proteins, carbohydrates, probiotics, prebiotics, microorganisms and fiber. Diet plans and modular nutritional packages comprising food and drink items tailored according to consumer patterns typed by diet, age, size, gender, medical conditions, family history, climate and the like are provided.



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