

Your Environment, Your Epigenome

Without changing the underlying genetic code, the epigenome interacts with DNA and changes how some genes are expressed. The epigenome reacts to factors from our environment throughout our lifetime. In some cases the epigenomes of future generations can be affected as well. What factors from your environment are influencing your epigenome?

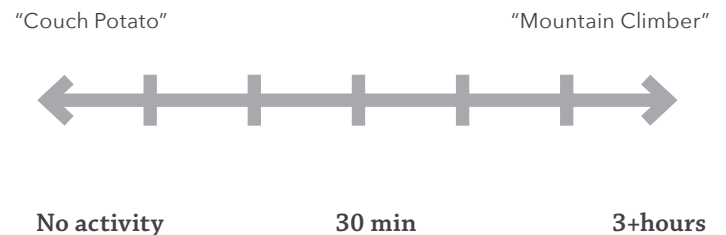
Diet

Below are just some of the foods containing compounds that become part of the epigenome or work closely with it. Record how many times you eat the foods below in a 24-hour period.

Food	Times per Day
Sesame Seeds	
Nuts	
Sunflower Seeds	
Peppers	
Spinach/Other Leafy Vegetables	
Broccoli	
Other Vegetables	
Garlic	
Soy or Soy Products	
Milk	
Bakers Yeast	
Whole Grain Products	
Fish	
Shellfish	
Beef	
Veal	
Chicken	
Liver	
Egg Yolk	

Exercise

The chemicals released in your body during exercise also affect the epigenome in complicated ways. Place an "X" on the scale below to indicate your level of physical activity in a 24 hour period.



Stress

Chemicals released in the body in times of stress interact with the epigenome. Place an "X" on the scale below to indicate your overall stress level most of the time.

