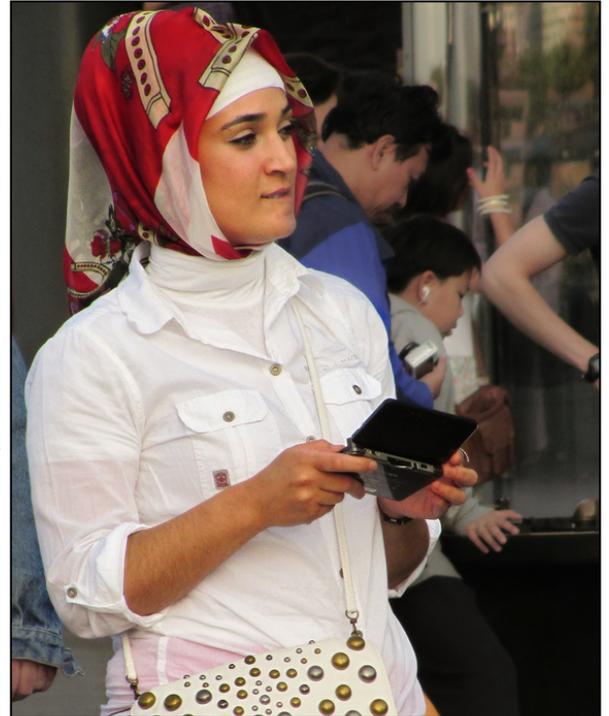


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# Ceyda Tandogan

Near/Middle East  
Turkey  
Anatolian Turks

Ceyda is a young Turkish woman living in Istanbul and attending Yildiz Technical University to study environmental engineering. Before attending university, she grew up just outside of Istanbul in Izmir, where she lived with three generations of family! For as long as she can remember her family has shared Sunday evening meals together as a large family. A typical family dinner might include Turkish layered beef kofte (similar to a meatloaf), zucchini and parmesan fritters, dolmades, tabouleh, lamb kofte with spicy tomato relish, humus, zucchini flowers stuffed with halloumi cheese, and rice and yogurt dip.



**Of the 122 people tested in this region, 32 had the lactase persistence allele.**

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# Ahok Arman

Africa  
Sudan  
Ja'ali

Malik is a Ja'ali woman living in Sudan. She lives in a small village on the bank of the Nile River and is part of a semi-nomadic agricultural people. She and her family tend to several goats, a couple cows, as well as many crops on their small farm. The family utilizes the livestock animals and the milk they produce to supply their own food as well as for trade in the local markets for goods and services. While their diets consist mainly of the crops they produce, during drought they often consume milk and meat from their livestock animals.

**Of the 113 people tested in this region, 60 had the lactase persistence allele.**



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# Moses Kipkotich Kiprono

Africa  
Kenya  
Sengwer

Moses lives in the Embobut forest in western Kenya with his four brothers. Moses and his brothers live as hunter-gatherers and also beekeepers. Additionally, they tend to a small herd of 10 family owned cows. The Sengwer people have been living in Kenya's forests as long as anyone can remember, eating hunted meat, drinking milk from their sacred cows, collecting wild plants like stinging nettles and honey from beehives.

**Of the 32 people tested in this region, 4 had the lactase persistence allele.**



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# Miyuki Akimoto

Asia  
Japan  
Japanese

Miyuki is a Japanese teenager living in Tokyo with her parents. She is in her final year at Tokyo Gakuen Senior High School, where her favorite subjects are music where she trains on the violin, and English, as she hopes to attend university in the United States. Miyuki, like all students, brings a box lunch from home with foods such as rice, fish, eggs, vegetables, and pickles. In the evenings she has dinner with her family in their Tokyo Apartment. Her favorite dinner her mother cooks is saba shioyaki (grilled mackerel), nikujaga (meat and potato stew), sunomono (cucumber salad), miso Soup and genmai (brown rice).

**Of the 62 people tested in this region, 0 had the lactase persistence allele.**

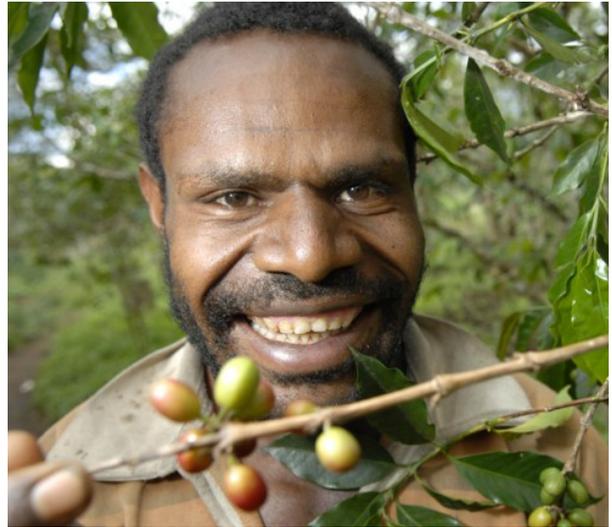


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## Joseph Tano

Australasia  
Papua New Guinea  
Papuan

Joseph was born and raised in a village in the Tari valley of Papua New Guinea. Joseph works as a birding guide at the Ambua Lodge, an eco-friendly lodge that overlooks the Tari Valley below, and can identify 217 species of birds including several species of the amazing birds of paradise. In his village, families eat by hunting, done primarily by men, and by gathering plants and growing crops, done primarily by women. The women are exceptional farmers, and have adopted many introduced crops, such as sweet potatoes, which have become a staple, corn, potatoes, cabbage, as well as maintaining their traditional crops of taro, sago and yams.



**Of the 34 people tested in this region, 0 had the lactase persistence allele.**

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## Paulos Dimitriou

Europe  
Greece  
Greek

Paulos was born and raised on the island of Mykonos. Paulos owns a restaurant on Platis Gialos beach that serves traditional Mediterranean food. His traditional recipes were passed down from his grandmother and use market fresh ingredients purchased daily such as vegetables, olives, olive oil, grains, fish, wine and meat (such as lamb, poultry, rabbit and pork), cheese and yogurt. Every day his restaurant serves his grandmothers famous honey soaked Baklava and Finikia almond cookies, which Paulos himself makes every morning, both Dimitriou family favorites!



**Of the 100 people tested in this region, 17 had the lactase persistence allele.**

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## Deepti Chaudhary

Asia  
India  
Indian

Deepti lives with her husband and three teenage children in Delhi. Deepti is a homemaker and enjoys cooking for her family. Her family always raves about her cooking. She makes a variety of dishes, such as the family favorites - butter chicken (chicken in a mildly spiced curry sauce), aloo chaat (fried spiced potatoes with chutney), dahi vada (lentil dumplings topped with a spicy savory yogurt and tamarind chutney), samosas (fried pastries with spiced potatoes, onions, peas), gulab jamun (spongy milky balls soaked in rose scented syrup). and a yogurt based mango lassi drink for her family.

**Of the 100 people tested in this region, 36 had the lactase persistence allele.**



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## Cheung Wang

Asia  
China  
Han

Cheung is an investment banker in Hong Kong where he lives with his wife Mei. Cheung and Mei both grew up in the southern Guangdong Province of China. They grew up eating traditional Cantonese cuisine such as lotus root soup, beef with broccoli in oyster sauce, sweet and sour pork, with sticky rice sesame balls for dessert. Cheung and Mei enjoy getting together with their extended families to enjoy a weekend afternoon dim sum to catch up on everyone's busy lives.

**Of the 248 people tested in this region, 20 had the lactase persistence allele.**





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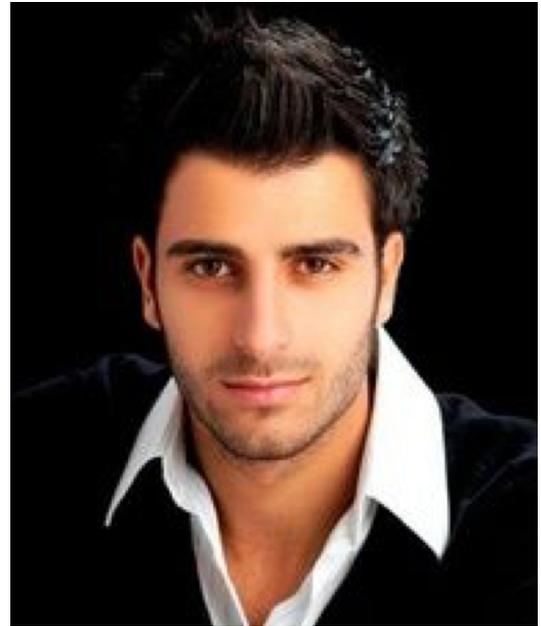
# Abed Momani

Near/Middle East

Jordan

Jordanian

Abed lives in the Amman, the capital city of Jordan. He works as a financier and lives a modern lifestyle, as Amman has a heavy Western influence and is a bustling regional business center. Traditionally, the Bedouin people of Jordan were nomadic goat and sheep herders who used milk from their animals to produce yogurt and cheese. In addition, the Bedouins included pita-style bread, rice, legumes, lamb, chicken, and various fruits and vegetables. These included cauliflower, eggplant, okra, tomato, cucumbers, apricots, apples, bananas, melons, and oranges. A special favorite was the traditional cheese known as halloumi, which is similar to feta. It is eaten with bread or in salads.



**Of the 112 people tested in this region, 22 had the lactase allele.**

**persistence**

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# Mabior Deng

Africa

Sudan

Dinka

Mabior is a Dinka man living in a southern Kordufan region of Sudan. He lives in a small village on the bank of the Bahr el Jebel River and is a fisherman. Dinka are traditionally agropastoralists, which means they subsist on a combination of gardening and cow herding. Some Dinka also fish and occasionally hunt to provide sustenance for their families. Therefore, they rely on foods including cow milk, fish, tomatoes, beans, and rice, which are only available seasonally.



**Of the 18 people tested in this region, 0 had the lactase persistence allele.**

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# Thandiwe Tshabalala

Africa  
South Africa  
Xhosa

Thandiwe, which means beloved in the Xhosa language, lives in a traditional Xhosa village near the city of Durban. Many Xhosa people still live in the villages scattered among the slopes of the Amatola and Winterberg Mountains of the Eastern Cape. Settling in this territory allowed them to have access to various streams, rich soil, and adequate rainfall, which allowed the Xhosa people to develop a pastoralist lifestyle that included raising cattle, sheep, goats, sorghum, pumpkins, maize, beans, and wild vegetables. Grazing animals also provided them with milk, which they often fermented into a drink called amasi.



**Of the 109 people tested in this region, 27 had the lactase persistence allele.**

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# Tatiana Sokolov

Asia  
Russia  
Udmurt

Tatiana belongs to the Udmurt people, who are native to the Udmurtian region of Russia. They are known as a Finno-Urgic people who are related to the Finnish and/or Hungarians. Traditional foods of this region included a cereal-based agriculture consisting mainly of rye, oats, and barley. Over time, their diet came to include potatoes, cabbage, carrots, beets, onions, pork, chicken, and mutton. Historically, Udmurt women married at a young age (12), did not leave the home or village, and were expected to maintain their home and family. Under the Soviet influence, women were exposed to new cultural norms. Tatiana moved from her farming community to an urban area where she is a dancer and an aspiring model.



**Of the 60 people tested in this region, 33 had the lactase persistence allele.**

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## Oona Nieminen

Europe  
Finland  
Finns

Oona is a college student at the University of Helsinki who is studying in environmental science. She is originally from the rural Partakko village. Milk is a diet staple in Finland. It is used to make various milk products that are cultured, fermented, or soured, such as viili and many varieties of cheese. Milk is also used as a base ingredient in many soups, stews, broths, and puddings. In addition to milk products, the Finnish diet may include fish, rye bread, barley bread, potatoes, pickled beets, and cloud berries. Interestingly, coffee is the national drink! Rural life in Finland is being overtaken by urbanization. Oona hopes to use her degree to maintain the pristine environment where she grew up.



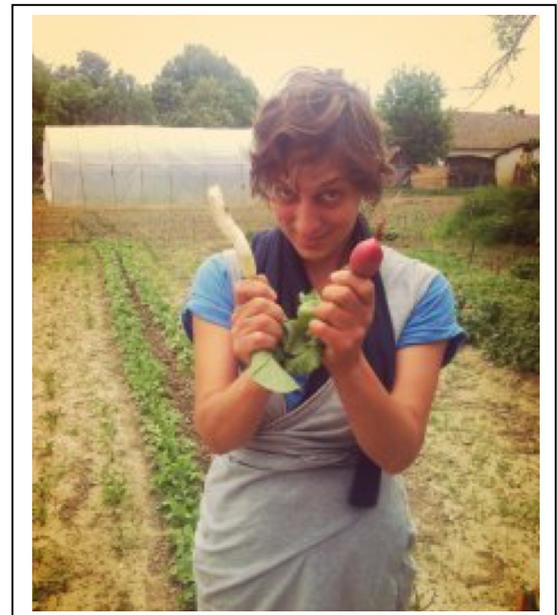
**Of the 1876 people tested in this region, 1538 had the lactase persistence allele.**

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## Petra Kovács

Europe  
Hungary  
Hungarian

Petra is a young married woman who assists her husband in managing their small farm. In Hungary, such farms are the backbone of the economy while also supplying the family with food. Wheat is a staple crop, as well as pigs, beef, and chickens. Hungarians are especially fond of meat-based soups, stews and casseroles containing either small dumplings or pasta, and spiced with onions and paprika. In addition, meat is often used to make various types of sausage, while milk products such as cream and soured cream are heavily used in many dishes. Petra and her husband sell their wheat for export and are pleased to be able to provide their family with a traditional Hungarian lifestyle.



**Of the 110 people tested in this region, 95 had the lactase persistence allele.**

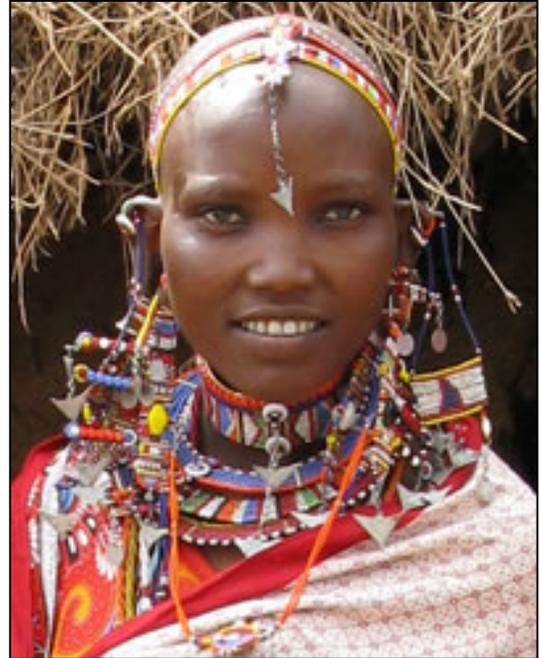


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# Lankanua Olamayiani

Africa  
Kenya  
Maasai Tribe

Lankenua was born in Kenya, to the Maasai tribe. Her diet consists of almost entirely of milk products, meat, and very little vegetables. Her family relies entirely on livestock such as cattle, goats, and sheep, which are the primary source of income for the Maasai tribe. Lankanua is newlywed and hopes to have many children, as cattle and children are the most important aspect of the Maasai people. The other important aspect is to respect other tribes within the area, in order to keep peace among the land, this is done by exchanging any goods, or cattle with other tribes among the area.



**Of the 64 people tested in this region, 54 were found with lactase persistence allele.**

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# Alier Kuur

Africa  
Sudan  
Dinka

Alier was born into Dinka tribe, which are the largest and single national grouping in South Sudan. Every Dinka male is given an ox name by his father, and his given name from the color of their cattle. The Dinka populations diet mainly consists of mainly meats, including fish, and some fruits. Alier's household focuses on the importance of wild foods and fishing, which have become of great importance in the past decade. Even though cattle is the main major part of their tribes economy, Alier's family focuses only on trading fish and wild fruits. They own little cattle which helps them with their daily diet.

**Of the 18 people tested in this region, no individuals were found with the lactose persistence trait.**



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## Oisha

Asia  
Afghanistan  
Tadjik

Oisha is a young afghanistanian woman who was born in the town of Tajikistan, which emerged after the breakup of the Soviet Union. Their main language is Persian, some use standard dialects such as monolingual Russian or Uzbek. Their main diet consists of dried fruits nuts, halva and other sweets, flat bread, thick yogurt, and small portions of meat products. During summer they produce fruits such as grapes and lemons. Most Tadjiks like Oisha support themselves by producing and processing agricultural products for sale or trade. Such as silk and cotton which have been subsidized as a domestic industry. Oisha mostly enjoys the summers in her country vs the winter due to extreme cold temperature they have to endure.



**Of the 98 people tested in this region, 19 were found with lactase persistence allele.**

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## Bat Erdene

Asia  
China  
Mongol

Bat Erden is 80 years old he is a father to 2 children and grandfather to 4 kids. His wife past away so he currently stays with his eldest daughters. He was born in China to the city of Mongol during his early life he moved heard around the country depending on the seasonal routine. He later dedicated himself to raising horses, and training children how to ride. Mongolians greatly cherish horses, which is one of the main transportations used in the country. Their main diet for the summer is dairy products, and meat products in the winter.



**Of the 82 people tested in this region, 8 had the lactase persistence allele.**

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# Renée Binoche

Europe  
France  
French

Renée is a 25 year old musician who was born in France, she currently travels all over France to tour with her band. Her parents are both cuisine experts in Paris, while her younger siblings are still in college. French diet is huge on eating “good fats” they eat copious amounts of saturated fats. They are huge on cheese, yogurt, butter and bread. They are known to eat small portions of meat, with a larger intake of fish, chicken, wine, and chocolate.



**Of the 58 people tested in this region, 39 were found with lactase persistence allele.**

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# Dimitri

Europe  
Italy  
Sardinian

Dimitri was born and raised in a small town in Italy called Sardinian. He was born right after the World War II, He speaks Sardo which is widely spoken from village to village. Sardinian diet consist or large portions of milk products, flat bread, sour dough bread, fruits, vegetables. Dimitri makes a living from producing goat cheese, and sheep cheese, which are in great demand in the island of Sardinia. He enjoys his free time with his family and friends as they enhance in large family gatherings where they get to drink wine and eat cheese.



**Of the 153 people tested in this region, 21 were found with lactase persistence allele.**



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# Kariem Al-Turabi

Africa  
Sudan  
Beni Amer

Kariem is a Sunni Muslim in northern Beni Amer. Kariem's people are mostly camel pastoralists, raising camels for milk, food and trade. Kariem loosely adheres to Islamic dietary law which prohibits pork and alcohol and dictates how animals be slaughtered. He is bilingual in To Bedawie and Tigre.



**Of the 162 people tested in this region, 73 had the lactase persistence allele. 35 out of 45 showed a lactase persistent phenotype.**

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# Ensiankiki Chana

Africa  
Tanzania  
Maasai

Ensiankiki's is a 17-year old woman from Tanzania. Ensiankiki's people are semi-nomadic and raise cattle for meat and milk. They do not believe in cultivating the land for crops because it makes it unsuitable for grazing. She will soon have her Enkiama (marriage) ceremony, after which she will be responsible for building the family house as well as collecting water and firewood, milking the cattle and preparing meals.



**Of the 38 people tested in this region, 26 had the lactase persistence allele. 10 out of 15 showed a lactase persistent phenotype.**

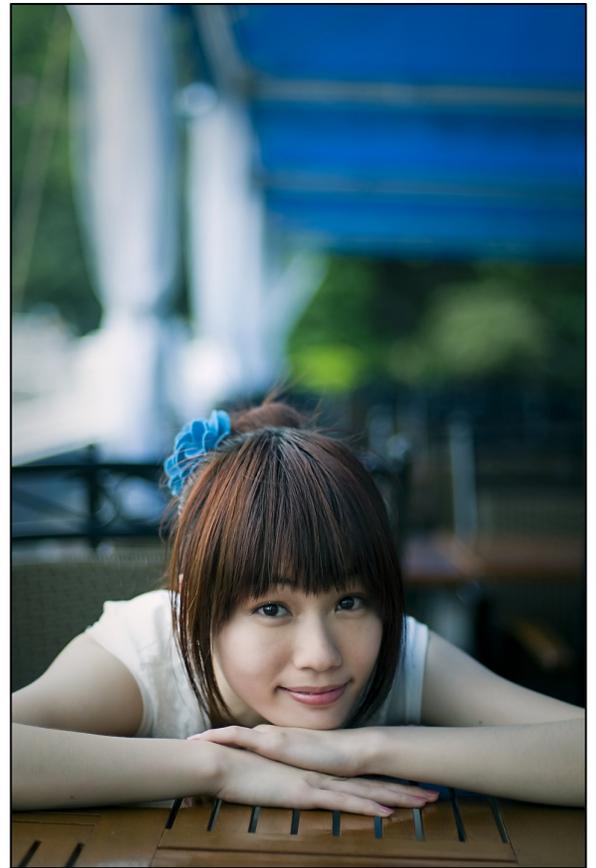
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## Lin Lili

Asia  
China  
Han

Lin Lili is a 22-year old Han woman who lives in a large city that has become very westernized. Lili rides the train to her job at the public health department each day and usually goes out to restaurants to eat rather than cooking. When she eats more traditional meals she attends dim sum brunch, which includes stuffed steamed buns, dumplings and rice noodle rolls.

**Of the 200 people tested in this region, 0 had the lactase persistence allele. 20 out of 248 showed a lactase persistent phenotype.**



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## Anja Virtanen

Europe  
Finland  
Finn

Anja Virtanen is a 4-year old who lives in the north of Finland. When she begins school at age 7, she will attend public school. Anja's parents both attended college and speak Finnish, Swedish and English. Anja's meals consist mostly of fish, poultry, vegetables and mushrooms. She enjoys traditional buttermilk cake, pancakes and crepes.

**Of the 1876 people tested in this region, 1538 had the lactase persistence allele. 530 out of 638 showed a lactase persistent phenotype.**



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# Halgan Sharif

Africa  
Ethiopia  
Somali

Halgan is a Somali woman living in Ethiopia. She is mother of two and breastfed each of her children until they were two years of age, as recommended by her religion. She was rarely apart from her children, but when she was, she gives them cow or camel milk diluted with water. Her diet consists of sweetened tea, meat stews (usually made with goat) and angera bread. Cheese is not common. She works to keep her children “fat and healthy”.

**Of the 74 people tested in this region, 22 had the lactase persistence allele. 22 out of 90 showed a lactase persistent phenotype.**



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# Nicholas Palomba

Europe  
Italy  
Sardinian

Nicholas is a college drop-out who works at the Banco di Sardegna. He speaks Italian and Sardinian and is learning Chinese. He always attends dinner with his parents on Sundays, where they often eat traditional Sardinian food, including seafood, cheeses, flat breads and stews. Once a year his family gathers to roast a wild boar on a spit. On normal days, Nicholas cooks for himself and enjoys a beer.

**Of the 153 people tested in this region, 21 had the lactase persistence allele. 6 of the 53 showed a lactase persistent phenotype.**



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# Sean Johnson

Western Europe

England

Northern England Lake District Area

Sean is a English male who was born and raised in the Yorkshire Moor region of England. He has deep roots in his family who are farmers. This area of England has great soil and produces lush grasses which can be used to fatten the cattle raised on the farm. Sean's family sells beef and dairy to the local markets which are then sent to other parts of England. His family produces many kinds of dairy products that are used and bought by tourist visiting northern England and Southern Scotland.

**Of the 1168 people tested in this region, 1098 were found with the lactase persistence mutation**



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# Yu Ying Lee

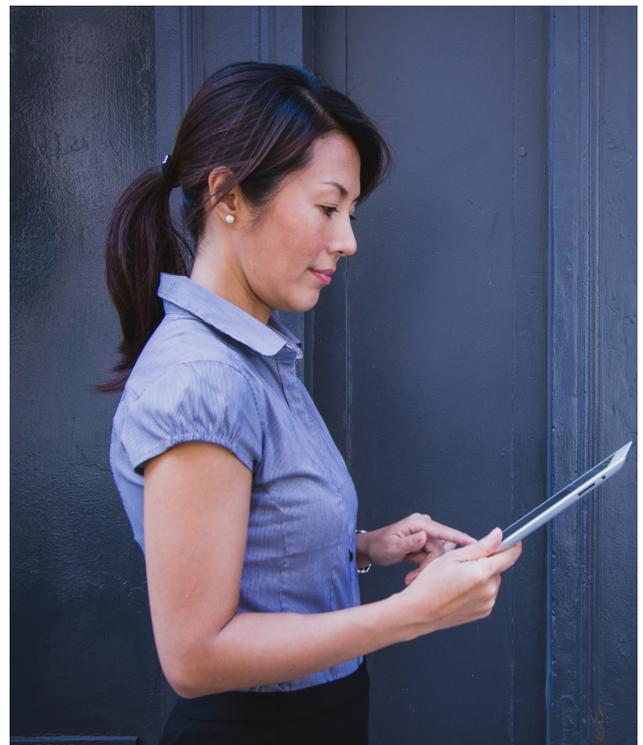
Asia

China

Han

Yu Ying is a young Chinese professional who has grown up on the east coast of China near the city of Suzhou near Shanghai. She comes from a family who were highly educated and owned a small fishing industry. Yu Ying loves to eat many of the Chinese dishes that her mother prepared for her that were caught by her families fishing company. She has two children and keeps her family involved with the fishing company as they now have opened a small fish market near her home.

**Of the 200 individuals tested in this population group no individuals were found with the lactose persistence trait.**



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# Amandia Naidoo

African  
South African  
Xhosa

Amandia is a South African female who lives just south east of Pretoria in the fertile area of South Africa. While growing up in this region, Amandia became interested in the vineyards found in the fertile valleys and now owns her own vineyard. Her vineyard is an up-and-coming new one but has gained popularity though out South Africa and has sold well in Cape Town. Although she enjoys wine with most meals she truly enjoys a good goat milkshake during the hot summer months.

**Of the 17 individuals tested in this population group 3 individuals were found with the lactose persistence trait.**



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# Rodrick Nubee

Africa  
Tanzania  
Burunge

Rodrick is an older male who lives in the northern region of Tanzania near Lake Victoria and the Country of Rwanda. Rodrick's family has been in this country as far as their spoken history can remember. They have been farmers living in the savanna like region near the Kigosi Game Reserve. The main crop of the family is maize. Rodrick loves his family traditions and the people in his country.

**Of the 16 individuals tested in this population group 6 individuals were found with the lactose persistence trait.**



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# Viktor Popov

Asia  
Russia  
Udmurts

Viktor, a young Russian man, grew up in the central region of eastern Russia with his Russian Orthodox family near the city of Izhevsk. Although Viktor lives in a farming region, his family has been highly involved in the arts and theatre. He has performed in the local professional dance theatre and is thinking of traveling to Moscow to audition. Viktor's brother and sister will work at the family Jewelry business.

**Of the 30 individuals tested in this population group 18 individuals were found with the lactose persistence trait.**



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# Giovanni Pilloni

Europe  
Italy  
Sardinian

Giovanni is an older man who grew up on the Island of Sardinia off the western coast of Italy. Although Italian by nationality, the Sardinians have a distinct culture. Sardinian men live long lives which as often been attributed to their Mediterranean diet. Although they have sheep on the island and goats, Giovanni's family has lived near the coast and been involved in the tourist industry after their fishing business was bought out by a large company.

**Of the 53 individuals tested in this population group 6 individuals were found with the lactose persistence trait.**



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## Amira Walji

Africa  
Tanzania  
Burunge

Amira is an airline stewardess for VIA aviation in central Tanzania in the capital city of Dodoma. Amira and her family have grown up in this fertile section of Africa and have traveled in her country. She enjoys many of the local foods but enjoys many of the cheese that are now being developed in the country. Although a new market, the cheese has received international attention as one of the most flavorful cheeses coming from this region.

**Of the 36 individuals tested in this population group 22 individuals were found with the lactose persistence trait.**



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## Anthony Barsu

Asia  
India  
Indian

Anthony is a young Indian male from the eastern region of India in the city of Kolkata (Calcutta) near the country of Bangladesh. Kolkata is in the delta region where rice is the main crop at a very low altitude. Anthony and his family have worked, as so many others, in the area of industry with international trading as their main source of income. He loves to eat seafood (as his parents and family have done for generations) especially with steamed rice.

**Of the 68 individuals tested in this population group 17 individuals were found with the lactose persistence trait.**



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## Barbara Scapellato

Europe  
Italy  
Norther Italian

Barbara is an educator living in the City of Parma Italy. She is from a middle income family. Passionate about education, Barbara loves to travel with her family throughout Italy and Europe. She teaches both biology and earth science. Her family has been in Northern Italy for generations and loves the variety of foods for which the region of Parma is known. One dish Barbara makes for her family is Tortelli d'erbetta, a family favorite made with chard, ricotta and parmigiano reggiano cheese, cream and white wine.

**Of the 28 individuals tested in this population group 17 individuals were found with the lactose persistence trait.**



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## Faheem El-Amin

Middle East  
Saudi Arabia  
Arab

Farheem is a middle aged Arab from Medina Saudi Arabia. As a descendent of the Bedouin group, he was often raised on Sheep, goat and camel's milk which he loves in his morning tea. Although Farheem ancestors traveled more in the country, his family has been involved in the electronics industry that supports the oil industry in the country. He is a devote Muslim and follows the strict dietary laws. His favorite foods are lamb and mutton.

**Of the 248 individuals tested in this population group 206 individuals were found with the lactose persistence trait.**



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# Maria Georgopoulos

Europe  
Greece  
Greek

Maria is a retired teacher living near the port city of Corinth on the isthmus between Athens and the Peloponnesian area of Ionia. Maria's family has long lived in this region and enjoyed the bounty of the Mediterranean Sea. Her family loves to eat Bourdeto, a dish made using scorpion fish. It is often eaten with pasta and white wine. Maria loves making this dish for her 4 children and 12 grandchildren.

**Of the 100 individuals tested in this population group 17 individuals were found with the lactose persistence trait.**

