

## AMYLASE GENE COPY NUMBER AND POTATOES

An earlier post explored the correlation between AMY1 (salivary amylase) gene duplications and high-starch diets. The AMY1 gene is expressed in saliva and initiates the digestion of starch.

A clear confirmation of this diet-duplication link comes from a study by Scheer et al. (1), recently published in Nature Communications (2026), which found that indigenous Peruvian Andean populations harbor the highest AMY1 copy numbers worldwide. The expansion dated to approximately 10,000 years ago, coinciding precisely with the domestication of the potato in the Southern Andes.

1. <https://doi.org/10.1038/s41467-026-71450-8>