

SUMMER SELF-CARE

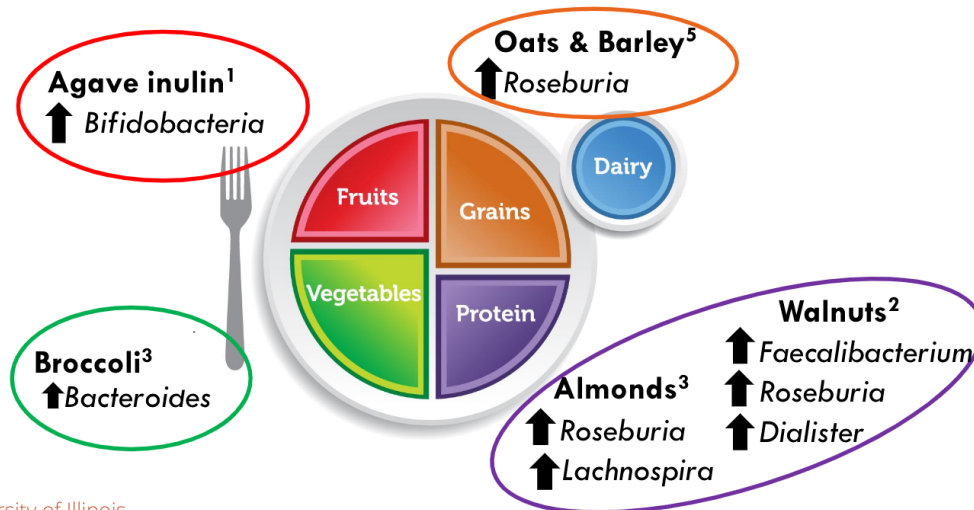
Week 9 • August 4, 2020

More than a [gut] feeling

This week's takeaways

1. Diet impacts the human GI microbiota.
2. Consumption of different types of foods, which contain fiber, differentially impact the GI microbiota.
3. Increasingly, microbes and microbial metabolites are linked to human health.

Fiber-rich diet supports a diverse GI microbiome



This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

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