SUMMER SELF-CARE

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

- **Agave inulin**↑ *Bifidobacteria*
- **Broccoli**↑ *Bacteroides*
- **Oats & Barley**↑ *Roseburia*
- **Walnuts**↑ *Faecalibacterium*
- **Almonds**↑ *Roseburia*
- **Dialister**↑ *Lachnospira*