Associations between diet, microbiota and health

From Science & Nutrition team at Clasado.

DIETARY INTAKE

A high fibre diet is associated with bifidobacteria and a diverse microbiota. Diets that exclude fibre (including low-FODMAPs and GF) and those which are consistently high in fats and sugar, can result in less beneficial bacteria and diversity.

ONLY 4% WOMEN AND 9% MEN
obtain the recommended 30g fibre a day*

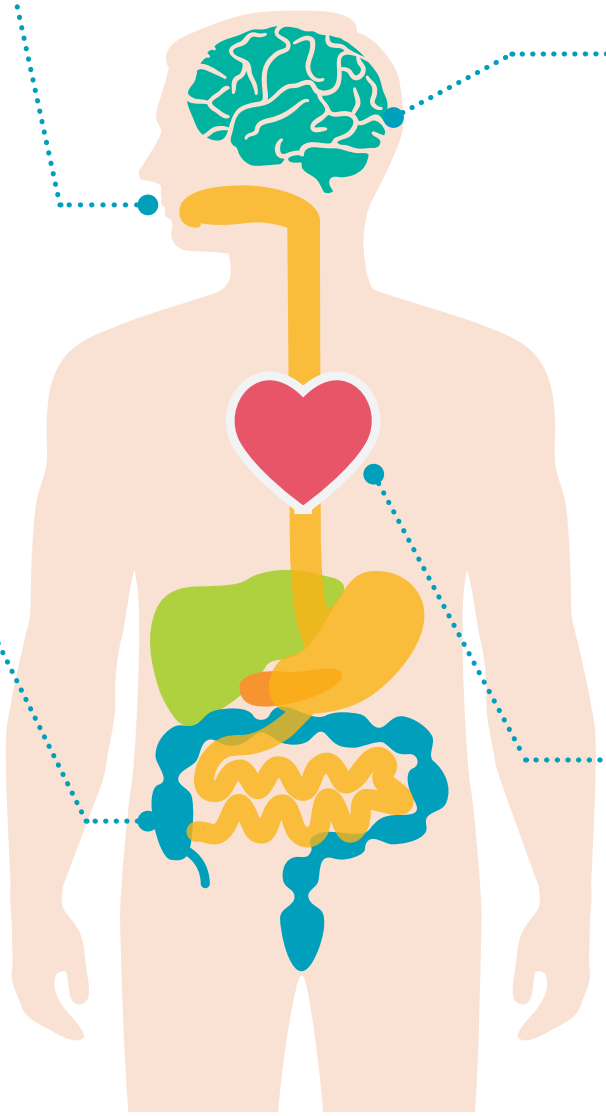
Insoluble high fibre supplements can contribute towards this fibre gap.

MICROBIOTA

We all harbour positive and negative bacteria which impacts hugely upon our health. Bifidobacteria are health promoting and steps to increase this group are encouraged. Dietary prebiotics achieve this. In turn, the bifidobacteria help protect against pathogens, stoke up immunity and decrease gut inflammation. Their metabolites can also impact upon systemic health such as cardiometabolic and cognitive issues.

MICROBIOTA CONTAINS 1000 DIFFERENT SPECIES OF BACTERIA AND WEIGHS APPROXIMATELY 0.2KG

EUBIOSIS AND DYSBIOSIS ARE RESPECTIVELY TERMS REFERRING TO WHEN THE MICROBIOTA FUNCTIONS WELL OR NOT



70% OF THE IMMUNE SYSTEM IS IN THE GUT

THE GUT IS KNOWN AS THE 2ND BRAIN

BRAIN FUNCTION

Conditions such as Parkinsons Disease, autism and stress are associated with the gut.

90% OF SEROTONIN IS PRODUCED IN THE GUT

HOST DISEASE

Chronic inflammatory disease and obesity are associated with dysbiosis in the gut. More research is needed to find out whether dysbiosis is causative of or is a consquence of inflammation.

BIOLOGICAL EFFECTS

Current areas of research are investigating interactions between the microbiota and the immune system.

*https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/699241/NDNS_results_years_7_and_8.pdf

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