FST Webinar Series (3 of 4)

Diet-microbiota interactions as modulators of human metabolism

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During the last decade, the gut microbiota has emerged as a key regulator of health and disease. Dietary habits have been identified as one of the main drivers shaping the interpersonal variance in the gut microbiome composition. Yet, to advance the field further we need to move beyond profiling of the gut microbial composition to the assessment of gut microbial metabolic activity in order to understand **how diet-microbiota interactions affect human metabolism**. Metabolomics can identify diet-derived gut microbial metabolites, which may be mediators that causally affect human metabolism. These diet-derived metabolites include, among many others, the short-chain fatty acids originating from bacterial degradation of dietary fibres and proteins, secondary bile acids derived from primary bile acids, and microbial tryptophan catabolites resulting from proteolysis. By understanding personal microbiome-responses to foods and diets in both infants and adults at metabolite-level, we hope to advance the field further and enable the development of **personalised nutrition strategies** and **novel food products**.

Date: August 11, 2021 (Wednesday)
Time: 4:00 PM - 5:00 PM

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