

Facts, Figures & Tips For Diversity Of Fibers & Gut Microbiota

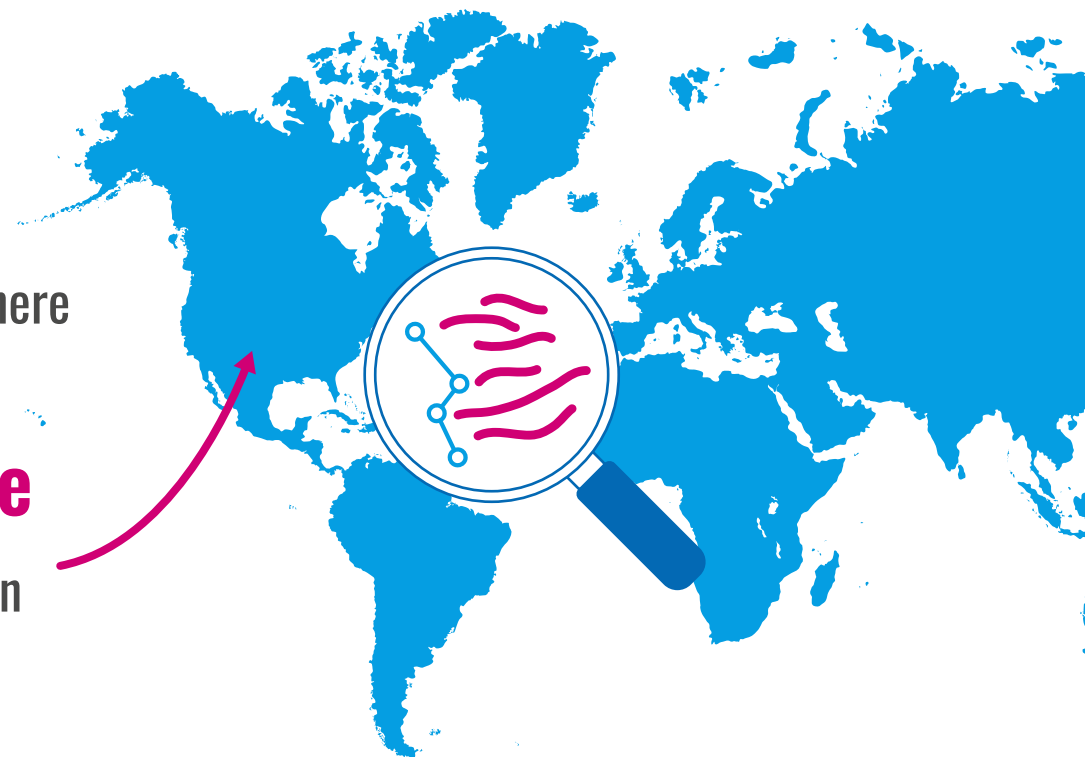
SATISFYING GUT BACTERIA'S TASTES WITH A DIVERSITY OF FIBERS

THE ESSENTIALS

THE FIBER GAP

WHAT ARE WE TALKING ABOUT?

Fibers are a component of a normal diet. Yet there is **a real deficit between the recommended intake and the real consumption** of dietary fibers in many westernized countries.



Jones, 2014

THE LINK BETWEEN FIBERS AND THE GUT MICROBIOTA

The little partners in our gut - known as the **'gut microbiota'** - feed and thrive on some of those fibers.

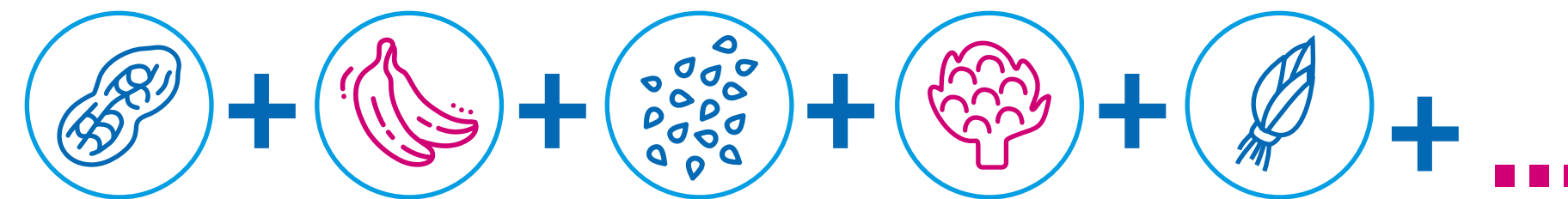


Makki, 2018

DIVERSITY IS KEY

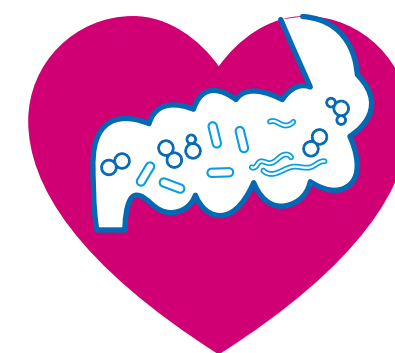
Gut bacteria have specific functions and together, they can help each other, thus potentially participating in our health.

Still, bacteria have different tastes in fibers. So, the same way we need a varied diet, **we have to provide our gut microbiota with diverse sources of fibers.**



In this context, a varied diet is essential!

He et al, 2016; Sonneburg, 2016; Makki, 2018; Collitard et al, 2013



ALL ACTORS OF OUR OWN HEALTH

Support your gut microbiota, and by extension your health, by eating diverse fibers.

Could we prefer visuals of known forms of bacteria here : cocci & bacilli (differents kinds of rounds and sticks)
=> ok for the 2nd but could we change the 1rst & 3rd