

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

A DIVERSITY OF FIBERS FOR A DIVERSITY OF GUT MICROBIOTA



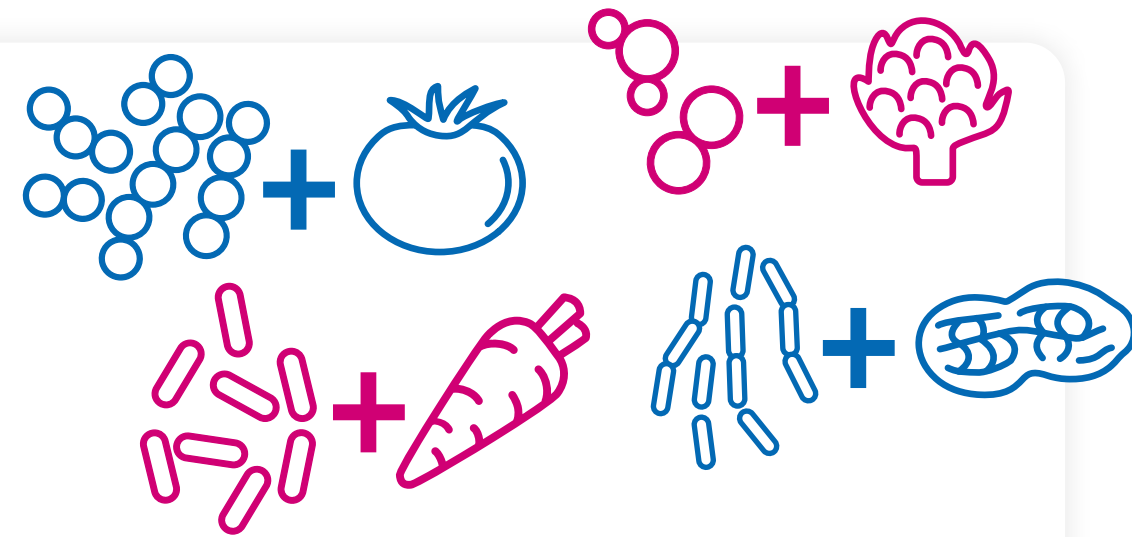
THE SCIENCE



DIVERSITY IS KEY

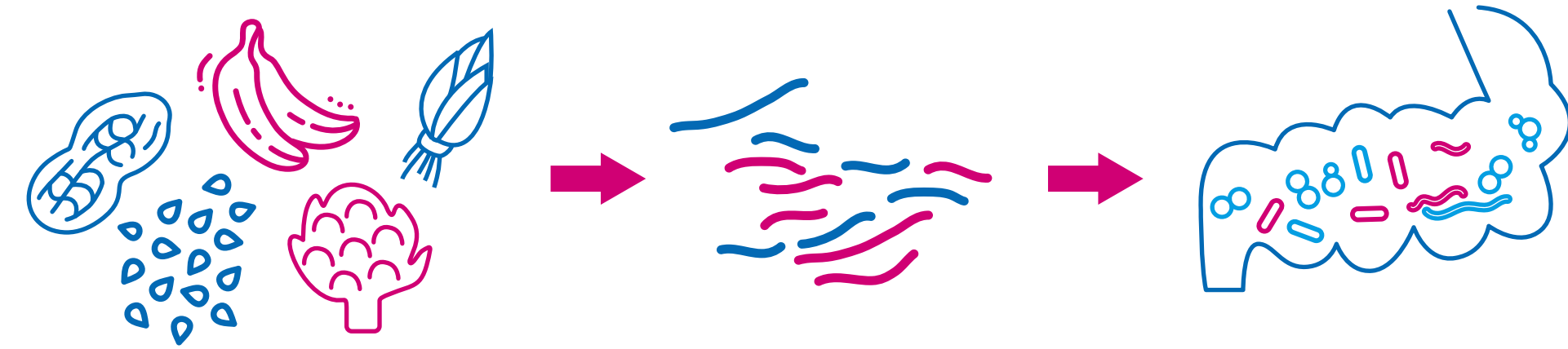
Some species of gut bacteria can feed on the fermentation products of others. This is called **cross-feeding**, and thanks to this mechanism, different species can help each other.

A rich and diverse human gut microbiota is often associated with a good health status and microbiota **resilience**, meaning that it can return to a healthy state after a perturbation.



THE LINK BETWEEN FIBERS & GUT MICROBIOTA

To develop, the community of bacteria living in our gut relies on a subgroup of undigested carbohydrates, among other things.



By digesting these fibers, gut bacteria can produce compounds called **short-chain fatty acids** (SCFAs) that directly act on our health.

McDonald et al., 2018
Makki, 2018; Turrioni, 2017a; Turrioni, 2017b; Makki, 2018; Sonnenburg et al, 2016



Other components of a varied diet are also important for our gut microbiota



ALL ACTORS OF OUR OWN HEALTH

The more we feed our different gut bacteria with various types of fibers, the more we stimulate their growth, promote cross-feeding and their diversity.

So the same way we need a varied diet, **we can support our gut microbiota and our health by eating a diversity of fibers.**

