Facts, Figures & Tips to

NOURISH THE GUT MICROBIOTA WITH FIBERS

DANONE NUTRICIA RESEARCH

THE DIGEST

DO YOU KNOW THE GUT MICROBIOTA?

In our gut lies the **RICHEST** human microbial community with about **10,000 billion bacteria***

As much gut bacteria as cells in our whole body

Each of us has a unique gut microbiota! Just like fingerprints!

We build it from birth, and see it evolve in composition, diversity, and functionality until adulthood.
This dynamic is closely related to our environment: mode of delivery, geography, **AND OF COURSE OUR DIET.**

*in adult individuals
Sender et al. 2016; Doré et al. 2017; Hooper 2012; Derrien et al. 2019

OUR SILENT PARTNERS IN HEALTH

As their host, we establish a symbiotic relationship with the bacteria in our gut

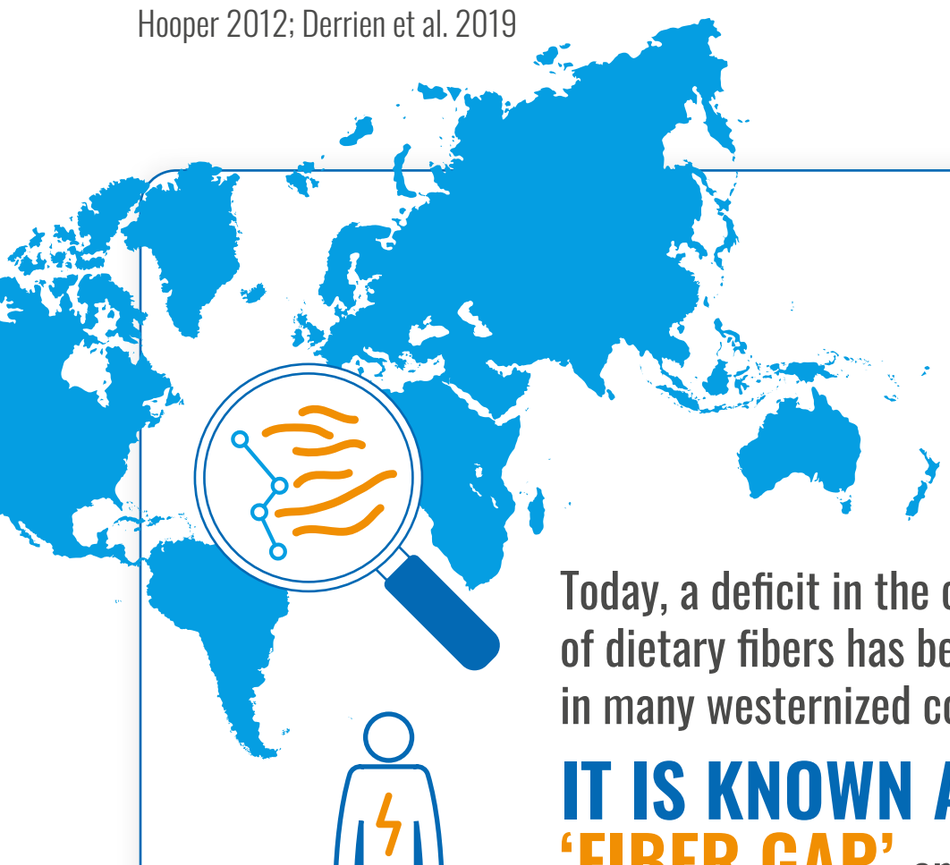
FOR THEM:
We provide our gut bacteria with some **DIETARY FIBERS** on which they feed.

FOR US:
They produce specific metabolites through fiber fermentation (called short-chain fatty acids), but also vitamins. Both can act on many **HUMAN PHYSIOLOGICAL PROCESSES.**

Just like us, gut bacteria have different tastes in fibers, so we need to feed our **DIVERSE** gut bacteria with **a variety of dietary fibers.**

Hammer et al, 2008; Kho et al, 2018; Heintz-Buschart et al. 2017; Hooper et al., 2012

TAKE CARE!



Today, a deficit in the consumption of dietary fibers has been identified in many westernized countries.

IT IS KNOWN AS THE 'FIBER GAP' and affects both adults and children.

Jones 2014

ENVIRONMENTAL FACTORS can disrupt the composition of our gut mircobiota:

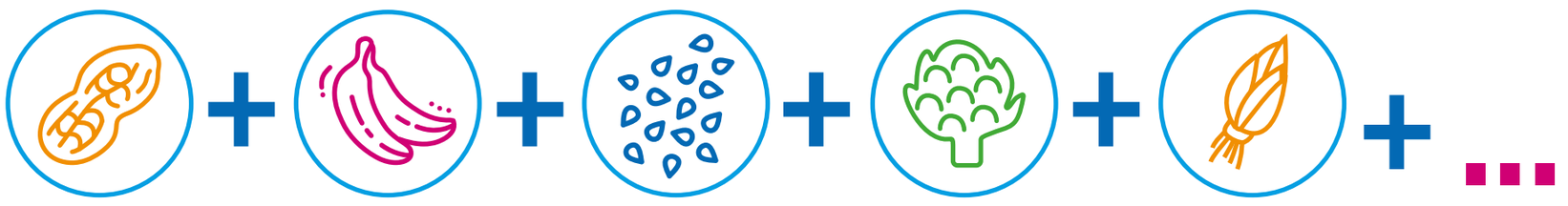
ANTIBIOTICS **STRESS** **UNBALANCED FIBER DEPRIVED DIET**

This imbalance, called 'dysbiosis', is temporary in a **RESILIENT** gut microbiota. Dysbiosis could be linked to several pathologies.

Lozupone et al. 2012; Sommer et al., 2017; Hawrelak et al., 2004; Makki et al., 2018; Doré et al. 2017

DIVERSITY, RICHNESS and **RESILIENCE** are important gut microbial markers to keep in mind.

We need to support our gut microbiota, and one way to do it is to nourish it with a diversity of dietary fibers. These are essential for our gut bacteria's growth and development, but also for many of our human metabolisms.



So let's start eating fruits, veggies, legumes, wholegrains, nuts and seeds!

AND IF WE NEED AN EXTRA HAND, WHY NOT ADD FIBER-ENRICHED PRODUCTS?

THE CONTENT OF OUR PLATE CAN HELP US TAKE CARE OF OUR GUT MICROBIOTA SO THAT IT WILL TAKE CARE OF US!