



ALL ACTORS OF OUR OWN HEALTH

Through life and environmental changes, our gut microbiota stays with us!
SO WE NEED TO UNDERSTAND AND SUPPORT IT!

A well balanced diet, rich in varied sources of fiber, is a good basis for a diverse and rich gut microbiota

DIVERSITY

Each healthy individual has about **150 different species** in their gut microbiota.

150 SPECIES

This diversity is directly linked to consuming a diversity of fibers

Pasoli et al., 2019; Zhernakova et al, 2016

RESILIENCE

Reduced **diversity & richness** or disruptions in microbial composition may lead to an unstable microbiota. In turn, our health can be impacted. In healthy subjects, this imbalance is transient.

Resilience is the capacity of the gut microbiota to go back to its original state

Lozupone et al., 2012; Sommer et al., 2017

RICHNESS

The microbial community in our gut is particularly rich. It results from the microbiota's progressive maturation linked with the external environment, which starts from birth.

OUR GUT HOSTS ABOUT:

10 TRILLION BACTERIA = **AS MUCH GUT BACTERIA AS CELLS IN OUR WHOLE BODY**

0.2 TO 2KG OF INTESTINAL MICROBIAL BIOMASS

Richness goes hand in hand with fiber consumption as well!

Sender et al., 2016; Dore et al., 2017

A SHARED CORE OF SPECIFIC SPECIES

Within the diversity, we may all share a certain **'core microbiome'**. In healthy individuals, it appears to be dominated by the following phyla:

1 FIRMICUTES & BACTERIODETES

2 ACTINOBACTERIA

3 VERRUCOMICROBIA

Sometimes, different species will feed on distinct types of fibers!

Tap et al., 2009; Mosca et al 2016; Kho et al., 2018; Tuddenham et al., 2015