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Title

Food-first - Nutrition is our 'front line approach' to manage (maintain/foster) gut health.

Abstract

Functional bowel disorders are common in the general population. Approximately 1/3 of people in the general population complain of some gut-related symptoms, such as flatulence, bloating, nausea, constipation, diarrhea, food intolerance, and abdominal pain. These digestive symptoms may not be threatening, but they can significantly affect the general wellbeing and quality of life of the affected individuals. A majority of patients believe that food-items are important triggers of their gastrointestinal symptoms.

The growing knowledge on gut microbiota offers great promise for optimizing health and managing Microorganisms hosted in the human gut carry out a large range of physiological functions that are important to the gut health and well-being of the individual. While there is still much to uncover about the gut microbiota, mounting evidence indicates that dietary patterns have a major influence on the microbiota thus on global health and wellbeing.

- What is dietitians' role in empowering patients to improve gut health?
- How can we translate the evidence into daily practice
- How dietitians can become ambassadors of gut health & nutrition among the population
- How to deal with the massive information and the misinformation out there?
- How do we relay this to patients?

Overview of medical guidelines, education through social media and connection, sharing practice examples through clinical cases will be at the heart of my presentation in order to help dietitians to be at the forefront of this new frontier in health and medicine.

Dietitians are definitely change makers to manage people gut health!

Key references

http://www.worldgastroenterology.org/UserFiles/file/WGOHandbookonDietandtheGut_2016_F
<http://www.worldgastroenterology.org/UserFiles/file/guidelines/irritable-bowel-syndrome-english-2015.pdf>
<https://onlinelibrary.wiley.com/doi/abs/10.1111/apt.14539>

Key messages

- 1) Diet is the first medicine for a healthy gut, food feeds our body and our microbes, we have to make the right choices.
- 2) Fermented foods and probiotic-containing food are the winning combination bringing other nutrients and benefits to the gut.
- 3) It is essential choosing a probiotic that is clinically documented for the benefits you are looking for. Not all probiotics are the same, they don't act in the same way, even though they may have common features.