

Webinar 'The gut microbiome – revealing the power of nutrition'

Key takeaways

On June 10, Sarah Wiener, Member of the European Parliament for the Greens/EFA, hosted, with the support of United European Gastroenterology (UEG), the webinar 'The gut microbiome – revealing the power of nutrition'.

The event served to open a debate about the latest findings around gut health, lifestyle-related digestive conditions, as well as change-enabling nutrition policies.

Key takeaways:

- Dietary choices influence the risk of developing chronic digestive diseases. Hence, nutrition can act as the most effective preventative measure against digestive diseases.
- The human gut harbors a community of 100 trillion micro-organisms (mostly bacteria, viruses etc) which influence digestion, protection against disease and immune development.
- Gut health starts in infancy with the development of the microbiome, which affects health and disease development in later life.
- Healthy eating habits need to be part of culture and education. While the modern Western diet typically consists of too much processed food that leads to gut inflammation, and contains too little fibre, but too much salt, sugar and unsaturated fat, the Mediterranean diet is rich in vegetables and fruits, which protect and avoid inflammation.
- Institutional coordination and a whole-of-society-approach must be employed in order to deliver a sustainable food system, which can provide healthy food that's affordable for everyone, and improve nutrition.
- COVID-19 pandemic has emphasized the need for a coordinated approach to nutrition security and sustainable agriculture.
- A larger conference on the microbiome hosted by MEP Wiener in the European Parliament is foreseen after the epidemiological situation improves.

For more information, access the presentations:

- [Diet-related digestive diseases and the importance of food reformulation](#) (Prof Peck)
- [New perspectives on the gut microbiome](#) (Dr Wauters)
- [How to boost your gut health?](#) (Prof Veereman)
- [Nutrition in all policies](#) (Prof Endevelt)