EVERYTHING ABOUT PROBIOTICS, PREBIOTICS AND THE GUT MICROBIOTA

This ILSI Europe Concise Monograph presents the abundant scientific knowledge on prebiotics, probiotics and the intestinal microbiota, and the resulting health effects on the host. Based on sound scientific evidence, this Concise Monograph summarises the concepts of probiotics and prebiotics and their application in the human diet. Furthermore, it explores the scientific basis for potential human health benefits correlated with a modification of the intestinal microbiota. This Concise Monograph was commissioned by ILSI Europe’s Prebiotics and Probiotics Task Forces. A free PDF can be downloaded from www.ilsi.eu.

For more information about ILSI Europe’s Scientific Portfolio, please have a look at the respective websites or visit our booth at IUFoST 2016.
Prebiotics Task Force:
The task force is assessing the science supporting the use of prebiotics to rebalance and maintain health.

A prebiotic is a food ingredient that selectively stimulates growth and/or the activity of beneficial microbial species in the microorganisms that inhabit the intestinal tract – the gut microbiota – and that confer health benefits to the host. Some prebiotics occur naturally in foods, such as chicory, onions, cereals, agave and milk; however, most foods contain only trace levels. The Prebiotics Task Force aims to better understand the mechanisms behind prebiotic effects and their beneficial functions and to advance their applications into a balanced diet.

Probiotics Task Force:
The task force provides in-depth analyses of current probiotic issues and topics related to probiotics aiming to advance probiotic knowledge at large.

Probiotic bacteria may be defined as ‘live microorganisms that, when administered in adequate amounts, confer a health benefit on the host’ (C. Hill et al., 2014). Consumers, the scientific community, regulators and the food industry show a sustained interest in these microorganisms and related functional effects. The objectives of this task force encompass a better comprehension of probiotic benefits and underlying mechanisms, as well as providing scientific guidelines for the substantiation of health claims.

SESSION PROGRAMME

Wednesday, 24 August 2016

Chair              Prof. Diána Bánáti (ILSI Europe, BE)

14.00  Diet, Nutrition and Microbial Man
       Prof. Fergus Shanahan (University College Cork, IE) – Guest Speaker

14.25  Impact of the Gut Microbiota on Metabolism of Nutrients & Non-Nutrients
       Prof. Ian Rowland (University of Reading, UK)

14.45  Toward Microbial Fermentation Metabolites as Markers for Health Benefits of Prebiotics
       Prof. Kristin Verbeke (KU Leuven, BE)

15.05 Human Intestinal Barrier Function in Health & Disease
       Dr Julia König (Örebro University, SE)

ABOUT ILSI EUROPE’S ORGANISING TASK FORCES

Functional Foods Task Force:
Specific components of the diet can bring benefits beyond those of basic nutrition. However, these beneficial effects need to be supported by scientific evidence before they can be communicated to consumers and others via health or nutrition claims and other relevant channels.

The Functional Foods Task Force addresses questions related to the functional benefits of foods and develops tools, such as criteria for the evaluation of markers, to define the scientific substantiation of benefits of foods in relation to improvement and maintenance of health and wellness.

Probiotics Task Force:
The task force provides in-depth analyses of current probiotic issues and topics related to probiotics aiming to advance probiotic knowledge at large.

“All disease begins in the gut”, Hippocrates once famously remarked. Even as far back as 300 B.C., he could see that gut health was critical to overall health. An unhealthy gut contributes to a wide range of diseases including diabetes, obesity or inflammatory diseases. Since it is increasingly acknowledged that the gastrointestinal microbiota plays a major role in the improvement of host health, scientists have a strong interest in the effects of diet on human gastrointestinal microbiota composition.

ILSI Europe is currently reviewing the available data on different gut microbiota clusters, microbial metabolism and its impact on the bio-availability of a large number of nutrients and non-nutrients.

Furthermore, the intestinal barrier function, microbiota composition and activity can be affected by dietary factors. Thus, functional foods are directed towards digestive health, with prebiotics and probiotics probably being the most common, worldwide.

ILSI Europe recently assessed the potential impact of probiotics on intestinal barrier function. ILSI Europe also re-evaluated the role of bacterial metabolites, and concluded that changes in bacterial fermentation metabolites could be valuable markers of (prebiotics) health benefits.

In this session, organised by ILSI Europe’s Prebiotics, Probiotics and Functional Foods Task Forces, recent scientific achievements will be presented. In addition, Prof. Fergus Shanahan, Director of the APC Microbiome Institute of the University College Cork, was invited to draw an overall picture of ‘Diet, Nutrition and Microbial Man’.

In this session invited experts will introduce scientific developments of ILSI Europe’s Prebiotics, Probiotics and Functional Foods Task Forces with focus on the role of the intestinal barrier in, and the impact of microbial metabolite production on, health and disease.