

## Gut microbiome as a target in dietetic practice

### Learning outcomes

1. To understand the composition of the gut microbiome, their relevance to health and disease and their methods of manipulation
2. To understand how the microbiome are altered in key disorders relevant to dietetic practice (e.g. IBS, IBD, depression) and how diet can be used to modify these.
3. To have a critical understanding of the evidence for microbiota-modifying interventions (diet, probiotics, prebiotics) in key areas of relevance to dietetics

### Programme

Microbiome 101: what are the gut bacteria, what do they do and how can they be modified by diet, probiotics and prebiotics

*Professor Kevin Whelan RD, King's College London*

Microbiome in irritable bowel syndrome and approaches to modifying it in dietetic practice

*Dr Heidi Staudacher RD, Deakin University, Australia*

Microbiome in inflammatory bowel disease, probiotics, prebiotic and FMT

*Dr Caroline Tuck APD, Queens University Canada*

Mental health and depression: can diet manipulate the microbiome to impact the brain?

*Dr Megan Rossi RD, King's College London*