

Nutrition and Microbiome – Opportunities from a Public Health Perspective

Stoffer Loman

NutriClaim BV, The Netherlands

Diet-microbiome interactions may be moderators of human metabolism. Does this mean that with the ingestion of a capsule with the mix of the relevant strains we can colonize our gut with beneficial organisms that prevent us from obesity, cancer, cardiovascular or metabolic diseases are obesity type 2 diabetes, ect....?

This question will be considered and the hypothesis of the “dietary fiber gap” is proposed to (partly) explain the (causal?) relationship between the loss of diversity of the gut microbiome and the incidence of “modern diseases”, like obesity and type 2 diabetes.

Implications for public health messages will be discussed.

Biography:

Stoffer has acquired a BSc-degree in Tropical Agriculture at the Royal Dutch College for Tropical Agriculture (Deventer, the Netherlands, was trained a Nutritionist (MSc) at Wageningen University (1992) and has obtained his PhD in Medical Sciences/Immunology at the Academic Medical Centre of the University of Amsterdam/ (1998). Following a career in the food supplement industry as science communicator and health educator he founded NutriClaim in 2007 (www.nutriclaim.com), providing specialist services pertaining to the scientific substantiation of health claims made on food, and marketing authorization of Novel Foods in the EU. Currently, Stoffer is also Work Package Leader in the EU FP7-funded project “MyNewGut.”