



Abstract

Cite this article: Wall C (2025). Gut Health: Translating diet and gut microbiota research into practice. *Proceedings of the Nutrition Society* **84**(OCE2): E157. doi: [10.1017/S002966512510013X](https://doi.org/10.1017/S002966512510013X)

Gut Health: Translating diet and gut microbiota research into practice.

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Gut health is a 50-billion-dollar (US) industry that is forecast to continue growing. This growth is attributed to our increased understanding and interest in the gut microbiome and its association with many chronic diseases, mental health and gut and autoimmune disorders. In 2024, “dysbiosis”, “gut microbiome” and “gut probiotics” were some of the most commonly google searched words but, what constitutes “good gut health”? There is no exact definition but in clinical practice we may use symptoms as a proxy for gut health, for example normal gastrointestinal function and the absence of chronic gastrointestinal symptoms that negatively impact on our quality of life. Consumer research found that consumers regard gut health as well-being and are interested in latest science but that does not inform their purchasing behaviours⁽¹⁾. Interestingly, symptoms of suboptimal gut health, which may include abdominal bloating, diarrhoea, constipation, excessive flatulence, were most likely to influence consumer behaviours.¹ In this presentation, I review the latest scientific evidence about foods and dietary patterns that are associated with markers of gut health. I also provide examples of how we can practically educate and advise New Zealanders on implementation of dietary changes that may support sustainable gut health.

References

1. Williams GM, Tapsell LC, Beck EJ (2022) *Nutr Diet*, 80, 85–94