

Gut dynamics: the impact of prebiotics and probiotics on gut health and well-being

Session Description and Purpose:

In this symposium we want to highlight the impact of the activity and composition of the gut microbiota on human health and well-being. Especially the effects of prebiotics as a tool to affect these parameters will be reviewed by the various speakers. Focus will be various target groups, e.g. on healthy people and on people with gut disorders or disease, and on infants. With the data from the presentations we want to create a lively discussion on the health effects of prebiotics and probiotics.

Outcomes

After the symposium the attendees will have a good overview of recent data on the effect of prebiotics on gut health: the state of the art and future developments in these important areas of health and nutrition should be clear.

Session Chair and Co-chair:

Chair: Prof. J. Hautvast, Emeritus Professor, Wageningen University, Netherlands

Co-Chair: Prof. Wandee Varavithya, Mahidol University, Thailand

Topics & Speakers:

Topic 1: *Prebiotics, gut health and well-being*

Speaker: Ian Rowland, Reading University, United Kingdom

Topic 2: *Role for prebiotics and probiotics in gastrointestinal disease*

Speaker: F. Rochat, Nestlé Research, Switzerland

Topic 3: *Prebiotics in elderly/healthy ageing (TBC)*

Speaker: Yazid Manap, Universiti Putra Malaysia, Malaysia

Topic 4: *Prebiotics in infant food*

Speaker: C. Walker, USA