

# Your Gut **Microbiome**, **Nutrition** and **Disease**

Diet can have considerable effects on the gut microbiome and overall metabolism, and its quality has been linked with overall health. Indeed, a diet high in refined sugars and fat has been linked with metabolic syndrome, cardiovascular disease, and other health conditions. Dr. Carolyn Slupsky, UC Davis Departments of Nutrition and Food Science & Technology, will discuss how diet can impact the gut microbiome, and how the microbes in our gut can influence our health.

**TERC COMMUNITY EVENT**

**June 11**

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**5:30 – 7 p.m.**

Tahoe Center for Environmental  
Sciences, 291 Country Club Dr.,  
Incline Village, Nevada

\$5 suggested donation,  
refreshments and no-host bar  
5:30 p.m., presentation begins at  
6 p.m.

<http://tahoe.ucdavis.edu/events/>



The Tahoe Environmental Research Center (TERC) is a global research leader providing the science for restoring and sustaining Lake Tahoe and other treasured lakes worldwide. TERC educates the next generation of leaders and inspires environmental stewardship.