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

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.