

**Mayo Clinic Minute: Diet based on microbiome might improve your health**

| VIDEO   | AUDIO   |
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| Jason   | They are the silent partners inside your intestines. Bacteria in your gut, or the microbiome, prime the immune system, help digest food, and produce vitamins and energy.   |
| <b>Jason</b>  | And Mayo Clinic researchers are studying how your unique microbiome can determine your optimal diet.  |
| <b>Purna Kashyap, M.B.B.S.<br/>Physiology<br/>Mayo Clinic</b> | “If you know what kind of bacteria are present in the gut, we can predict what would happen after you eat different food products and how your blood glucose levels may change.”  |
| <b>Jason</b>  | More research is still needed to see how it can improve your health, but the initial results are promising.   |
| <b>Dr. Kashyap</b>  | “Which means instead of trying to change the bacteria that are present in your gut, you just adapt your diet to best suit that group of bacteria.”  |
| <b>Jason</b>  | And along with genetics and environment, it could provide a new tool in the toolbox for providers when it comes to improving your health through diet.  |
| <b>Dr. Kashyap</b>  | “It’s a tool which was missing for the longest time or it was ignored for the longest time, and now we are realizing that we really should not be leaving it aside. It should be considered when we are trying to optimize patients’ management.” |
| <b>Jason</b>  | For the Mayo Clinic News Network, I’m Jason Howland.  |