

## Genetic makeup and diet affect the intestinal microbiome

A recent study shows how genetic makeup and diet can interact with the Microbiome to impact certain health issues. Mayo Clinic researchers note that an individual's genomic makeup and diet can actually determine which microbes exist and how they act via a host intestine.

"Our data show that factors in the differences in a host's genetic makeup – in this case genes that affect carbohydrates in the gut – interact with the type of food eaten. That combination determines the composition and function of resident microbes," Purna Kashyap, M.B.B.S., a Mayo Clinic gastroenterologist and first author of the study said, via a press release.

**Read the full, original story here: [Intestinal Health: Genetic Makeup and Diet Affect the Microbiome](#)**