

Diet changes alter the human gut microbiome

Long-term dietary intake influences the structure and activity of the trillions of microorganisms residing in the human gut, but it remains unclear how rapidly and reproducibly the human gut microbiome responds to short-term macronutrient change.

Here we show that the short-term consumption of diets composed entirely of animal or plant products alters microbial community structure and overwhelms inter-individual differences in microbial gene expression. The animal-based diet increased the abundance of bile-tolerant microorganisms (*Alistipes*, *Bilophila* and *Bacteroides*) and decreased the levels of Firmicutes that metabolize dietary plant polysaccharides (*Roseburia*, *Eubacterium rectale* and *Ruminococcus bromii*).

Read the full, original story: [Diet rapidly and reproducibly alters the human gut microbiome](#)