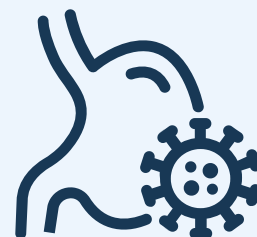


# Exploring views about the Gut Microbiota and Mediterranean Diet for Healthy Ageing

## WHY IS THIS IMPORTANT?

Eating a Mediterranean Diet can support a healthy Gut Microbiome, helping to prevent ill-health as we age



## WHOSE VIEWS DID WE EXPLORE?

We asked **26 Healthcare Professionals** and **47 adults aged 55+ years** what they know about this...

Many thought 'gut health' is important for digestive health, but that the broader health effects of the microbiome are under-recognized. There are accessibility & acceptability challenges to following a Mediterranean Diet

"You would be looking at fibre and fluid intake, not necessarily very probiotic effective food"

Dietitian

"The Mediterranean diet sounds great, but I wouldn't think it includes all the red wine and sugars... pastas... Is it just vegetables?... lots of oil?"

Older adult

"There's so much evidence coming out ... I've been struggling to keep on top of it"

Dietitian

"I don't quite understand the relationship between healthy gut and healthy body"

Older adult



## WHAT SHOULD WE DO NEXT?

We need to explain the importance of maintaining the gut microbiota through diet to older adults, and provide more education for healthcare professionals on the microbiota and its health effects

