## Nutrients and endogenous metabolites

# Food

- Carbohydrates (monosacchrides, oligosacchrides, polysacchrides)
- Proteins (20 amino acids)
- Lipids (saturated and unsaturated fatty acids, fat soluble vitamins)
- Minor food components (polyphenols, alcohol, food additives)

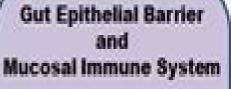
## Microbiota accessible nutrients

- · Dietary fiber
- Undigested proteins
- · Primary bile acid conjugates



## **Gut microbiota**

- Diversity and Structure
- Composition



- Mucus
- Gut epithelial cells (Paneth cells, Enterocytes, Goblets cells)
- AMP and slgA
- Plasma cells
- IECs
- DCs
- Macrophages
- · CD4, CD8 T cells
- Tregs

## **Food Its Influence In Health And Disease**

J Elliott

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