

Probiotics in Practice: A Workshop for Dietitians

PROGRAMME

9:00 - 9:20	Arrival & Refreshments
9:20 – 9:30	Introductions & Overview of the Day Dr Louise Wilson
9:30 – 10:05	An Introduction to the Gut Microbiota and Factors Affecting It Amy Smith
10:05 – 10:40	An Introduction to Probiotics & Mechanisms of Action Victoria Avery
10:40 – 11:00	Break
11:00 – 11:30	Guidance & Evidence for Probiotic Use in Practice: Gastrointestinal Health Amy Smith
11:30 – 12:00	Guidance & Evidence for Probiotic Use in Practice: Infectious Disease & Immunity Victoria Avery
12:00 – 12:30	Lunch
12:30 – 13:05	Summary of the Evidence Behind Emerging Areas of Research Dr Louise Wilson
13:05 – 13:50	Practical Support and Safety Considerations Victoria Avery
13:50 – 14:20	The Future for Probiotics Dr Louise Wilson
14:20 – 14:30	Reflection & Close

BDA endorsement applies only to the educational content of the learning activity.

SPEAKERS

Louise Wilson RD PhD (Assistant Science Manager, Yakult UK)

Victoria Avery ANutr (Science Officer, Yakult UK)

Amy Smith (Science Intern, Yakult UK)