

Understanding & Interpreting Probiotic Research: A Workshop for Student Dietitians

Programme

Arrival, Registration & Refreshments

Introductions & Overview of the Yakult Workshop

An Introduction to the Gut Microbiota and Factors Affecting It

An Introduction to Probiotics and their Mechanism of Action

Refreshment Break

Understanding & Interpreting Probiotic Research

Lunch & Networking

Workshop – Read & Critique a Paper in Small Groups

Group Presentations (5 minutes per group) & Discussions

Refreshment Break

Summary of the Evidence for Probiotic Use (in gastrointestinal health, infectious disease & immunity)

Practical Support and Safety Considerations When Choosing a Probiotic

Reflection on Workshop Learnings

Thank you & Close

Speakers

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

Victoria Avery ANutr (Science Officer, Yakult UK)

Amy Smith (Science Intern, Yakult UK)