

Probiotics in Practice: A Workshop for Dietitians & Nutritionists

PROGRAMME

- 10:30 – 10:50 **Arrival & Refreshments**
- 10:50 – 11:00 Introductions & Overview of the Day
Dr Louise Wilson
- 11:00 – 11:35 An Introduction to the Gut Microbiota and Factors Affecting It
Amy Smith
- 11:35 – 12:10 An Introduction to Probiotics & Mechanisms of Action
Victoria Avery
- 12:10 – 12:30 **Break**
- 12:30 – 13:00 Guidance & Evidence for Probiotic Use in Practice: Gastrointestinal Health
Amy Smith
- 13:00 – 13:30 Guidance & Evidence for Probiotic Use in Practice: Infectious Disease & Immunity
Victoria Avery
- 13:30 – 14:05 Summary of the Evidence Behind Emerging Areas of Research
Dr Louise Wilson
- 14:05 – 14:35 **Lunch**
- 14:35 – 15:20 Practical Support and Safety Considerations
Victoria Avery
- 15:20 – 15:50 The Future for Probiotics
Dr Louise Wilson
- 15:50 – 16:00 **Reflection & Close**

BDA and AfN 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)