

Workshop at the Wissenschaftskolleg zu Berlin

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HANS K. BIESALSKI
KARIN MÖLLING

Fellow 2007/2008 | Fellow 2008/2009

NUTRITION MEETS MICROBIOME

JOE ALCOCK (The University of New Mexico, Albuquerque)
HANS K. BIESALSKI (Universität Hohenheim) Fellow 2007/2008
MICHAEL BLAUT (Universität Potsdam)
FELIX BROECKER (Max Planck Institute of Colloids and Interfaces, Berlin)
HARALD BRÜSSOW (Nestle Research Center)
LYNN HELANA CAPORALE (Consultant and independent investigator)
FLORIAN W. FRICKE (Universität Hohenheim)
BERTHOLD KOLETZKO (Klinikum der Ludwigs-Maximilians-Universität München)
PATRICIA LEPAGE (Institut National de la Recherche Agronomique)
KARIN MOELLING (Universität Zürich) Fellow 2008/09
BEN VAN OMMEN (Netherlands Metabolomics Centre, Utrecht)
MINOO RASSOULZADEGAN (Université de Nice-Sophia Antipolis)
MATTHIAS TSCHÖP (Technische Universität München)
ADAM WILKINS (University of Cambridge (em.)) Fellow 2009/10

Until recently, no connection between nutrition and the body's own bacteria was known – but the consequences of our nutrition are closely tied to the microorganisms of our digestive tract. These microorganisms are in no way passive; rather, they have a substantial influence on what happens to our food and thus to ourselves.

Recommendations for nutrition are made, for example that we have a high-fiber diet to avoid intestinal cancer or a “Cretan” or Mediterranean diet to prevent heart disease. But against the background of the microbiome-nutrition interaction, the definition of “proper” or “healthy” nutrition cannot be unambiguously defined and is urgently in need of discussion. The importance of microbes in the human organism has been perceived only recently, since the analysis of the microbiome, i.e., the global analysis of the aggregate of microorganisms in a sample like the human intestines, whereby a breakdown into the individual components is often impossible.

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WISSENSCHAFTSKOLLEG ZU BERLIN
WALLOTSTR. 19 BERLIN-GRUNEWALD
ANMELDUNG UNTER:
KE@WIKO-BERLIN.DE
WIKO-BERLIN.DE/VERANSTALTUNGEN/WORKSHOPS



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