UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# SYLLABUS DEL CORSO

# Decoding the effect of diet on human health through the gut microbiome

**2526-117R-MICROB**

## Title

Decoding the effect of diet on human health through the gut microbiome

## Teacher(s)

Simone Guglielmetti

## Language

English

## Short description

There is a growing recognition of each individual's dietary pattern as a decisive factor governing the balance between maintaining health and the onset of diseases. In this context, this course is based on the presentation and analysis of the most relevant scientific literature, demonstrating that the impact on human health of the foods and nutrients they contain can only be fully understood by also considering the contribution of the human intestinal microbiome. To this end, beyond the ultimate message of the studies under consideration, we will carefully examine the research strategies (experimental protocols, models, and technologies) that scientists in the field

employ to understand the relationship between intestinal microorganisms, diet, and human health. In a broader context, the acquired skills will enable an understanding of how studying microbial ecosystems associated with each human being can be crucial for the development of effective personalized nutritional and therapeutic strategies.

## CFU / Hours

1 ECTS / 8 hours

## Teaching period

The course is scheduled to take place on February 13 and 20, 2025. The timetable and rooms assignments are as follows:
feb 13 2025 13.30-17.30 U3-07
feb 20 2025 13.30-17.30 U1-05

## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION