PATIENT	**Harm Klumpjes**
AGE	**45**
DATE OF BIRTH	**15-04-1980**
GENDER	**Male**
TEST REPORT	**Microbiome and food advice**
TEST DATE	**14-06-2024**

With the Easly test you get to know the bacteria that reside in your intestine, collectively known as the gut microbiome. Via the personal dashboard, you are able to access your data en be introduced to the universe inside you. Hence, creating an intimate connection with them.

There are different ways of healthy nutrition, but taking care of your bacteria is always a good choice.

Let's give you a few reasons:

- Your bacteria compete against the colonization of pathogens
- Your bacteria can produce substances essential to the human health

You see? It is a wise decision to take care of them!

Now you may be wondering how you can actually nourish your gut to create a good environment for your little companions. I bet you already know the answer. Yes, indeed, through food recommendations based on your current bacterial status.

At Easly, nutritional advice means that we use your individual information, such as your bacteria diversity and your bacteria levels, to boost your health through an evidence-based diet.

1. BACTERIA DIVERSITY

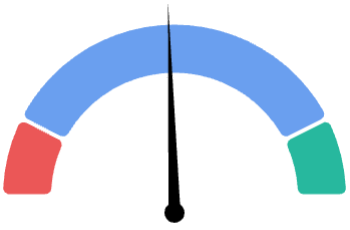
Your bacteria diversity shows how diverse your gut microbiome is based on three calculations (Shannon's index, Observed OTUs, and Pielou's evenness). It describes the variety and comprises species richness and species evenness. The pointer indicates your results for that particular calculation and the text below contains a brief explanation.

- The left pink edge indicates a low diversity.
- The centre portion illustrates an average diversity.
- The right green edge denotes a high diversity.

So the more your arrow points to the right side, the better your bacteria diversity is.

1.1 SHANNON'S INDEX

The Shannon's index is the most commonly used indicator to represent diversity. The more different bacteria are evenly distributed in your gut, the greater the diversity and the more resilient the microbiome. Furthermore, many studies have shown that a low degree of diversity could be associated with multiple diseases.



Low Average High

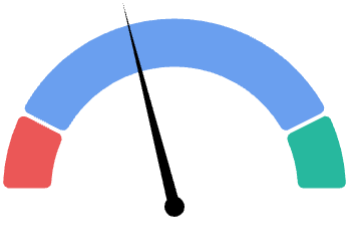
1.2 OBSERVED OTUS

Species richness shows the number of different bacteria in your gut. In a diverse microbiome, the large number of distinct species can contribute to multiple functions being carried out. As a consequence, the body utilizes nutrients better, as well as handles pathogens more easily.

Low Average High

1.3 PIELOU'S EVENNESS

Species evenness describes how often one bacteria occurs in your gut compared to other species. The higher the equitability, the more balanced the spread of different bacteria is between species. The calculation goes from 0 (no evenness) to 1 (complete evenness)



Low Average High

2. BACTERIA LEVELS

Your bacteria levels show how diverse your gut microbiome is based on three groups (Good bacteria, Bad bacteria, and Other relevant bacteria). It describes the counts and comprises the ranges 'be aware', 'normal', and 'great'. The pointer indicates your results for that particular bacteria and the information icon contains a brief explanation.

Good bacteria are species that can have a positive effect on your health, while bad bacteria can have a negative effect on your health. For other relevant bacteria, the literature does not yet clearly describe whether they have a positive or negative effect on your health. This is why we can only show whether you are 'lower than normal' or 'higher than normal'.

Bacteria levels

Bacteria levels provide a snapshot for personalized dietary practices that are based on the bacteria counts and organized in distinct ranges. Following healthy and diverse eating patterns may help your current bacteria levels decrease (for bad bacteria) or increase (for good bacteria) to 'normal' and 'great'. On the other hand, not following healthy and diverse eating patterns may decrease (for good bacteria) or increase (for bad bacteria) your current bacteria levels to 'be aware'. Besides, for other relevant bacteria we currently know the 'normal' range, hence we only indicate whether you are 'lower than normal' or 'higher than normal'.

Your current bacteria level

Good and bad bacteria

Be aware	Your bacteria need your attention
Normal	Your bacteria are fine
Great	You are the biggest supporter of your bacteria

Other relevant bacteria

Lower / higher than normal	Your bacteria are below / above normal
Normal	Your bacteria are fine

About bacteria

There are several bacteria that can be found in virtually all individuals and these can be seen as a kind of the 'core' in your gut microbiome. On the basis of this, we selected the top 35 bacteria and divided them according to their functionality into the following seven categories:

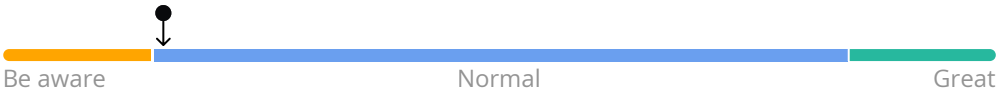
- Immune strength
- Gut wall strength
- Weight reduction support
- Gas production
- Potential colon problems

- Infection alarm
- Fat alarm

Their names are meant to be indicative and should, by no means, be interpreted as a medical condition.

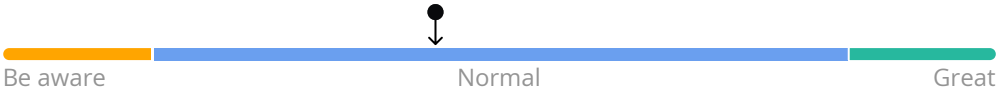
2.1 Good Bacteria

Christensenellaceae



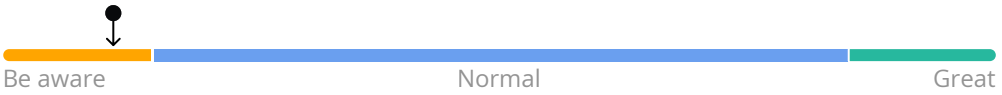
Christensenellaceae R-7 group is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 88.6% of the population.

Ruminococcaceae



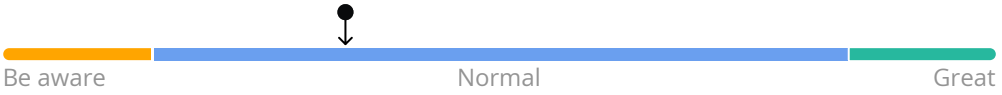
Ruminococcaceae is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 50.8% of the population.

Barnesiella



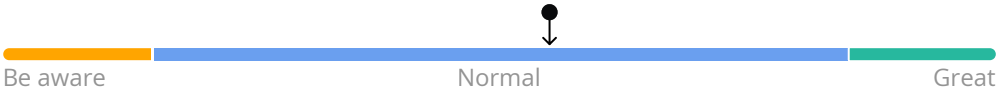
Barnesiella is associated with infection alarm, as it has been linked to a decrease in lipids. This bacteria is present in 81.4% of the population.

Butyricicoccus



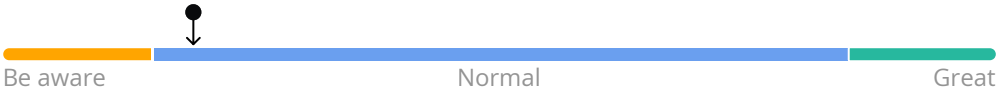
Butyricicoccus is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 86.1% of the population.

Roseburia



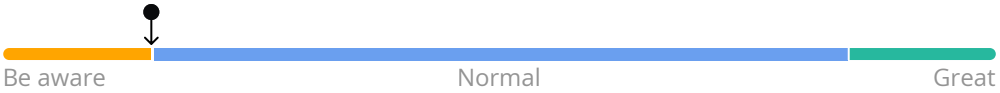
Roseburia is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. This bacteria is present in 92.4% of the population.

Blautia



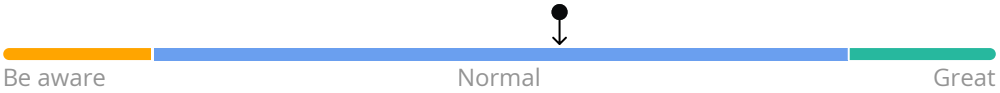
Blautia is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 98.1% of the population.

Holdemanella



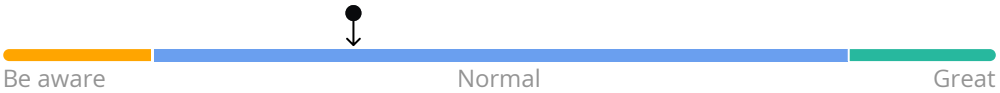
Holdemanella is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. This bacteria is present in 43.7% of the population.

Parabacteroides



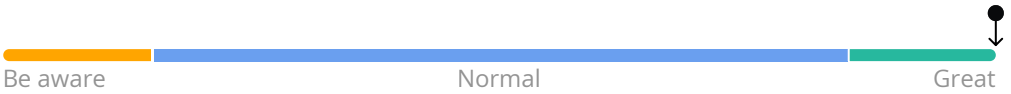
Parabacteroides is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 95.4% of the population.

Anaerostipes



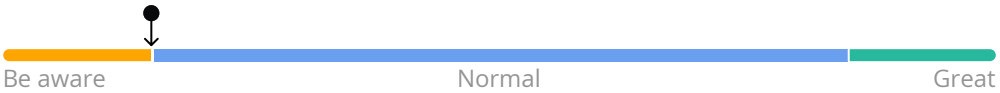
Anaerostipes is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 88.2% of the population.

Lactobacillus



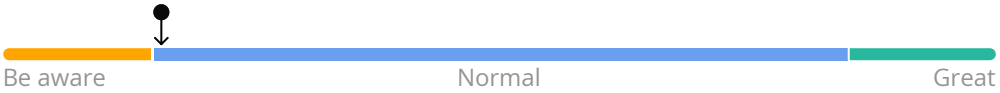
Lactobacillus is associated with immune strength, as it has been linked to an increase in bowel movement and microbial richness, and a decrease in inflammation. It can be induced by vegetables (such as artichoke, leek, and cabbage), fruits (like cantaloupe, nectarine, and apple), and fermented products (for example miso, tempeh, and kefir). This bacteria is present in 42.6% of the population.

Eubacterium



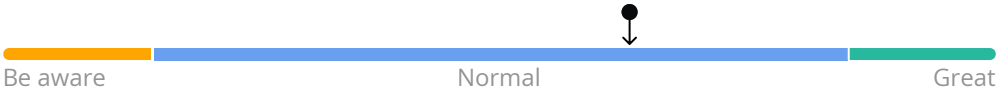
Eubacterium is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. It can be induced by vegetables (such as cauliflower, eggplant, and lettuce) and cereals (like quinoa, bulgur, and sorghum). This bacteria is present in 52.7% of the population.

Akkermansia



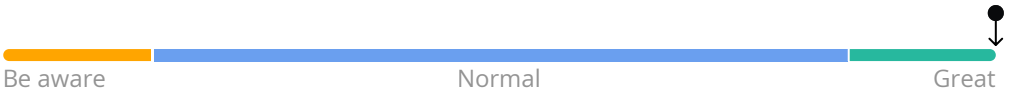
Akkermansia is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. It can be induced by legumes (such as soybeans, chickpeas, and lupin) and nuts or seeds (like cashew nuts or flax seeds). This bacteria is present in 64.8% of the population.

Faecalibacterium



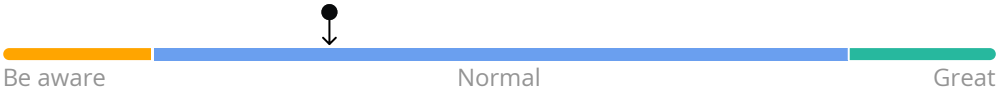
Faecalibacterium is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement, and a decrease in insulin production. It can be induced by vegetables (such as cauliflower, eggplant, and lettuce) and cereals (like quinoa, bulgur, and sorghum). This bacteria is present in 98.7% of the population.

Coprococcus



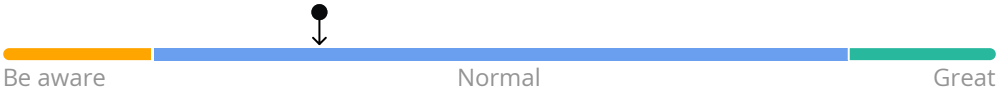
Coprococcus is associated with gut wall strength, as it has been linked to an increase in butyrate production and bowel movement. This bacteria is present in 73.8% of the population.

Bifidobacterium



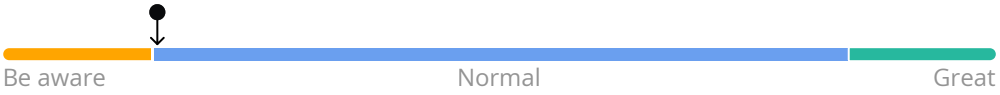
Bifidobacterium is associated with immune strength, as it has been linked to an increase in bowel movement and microbial richness, and a decrease in inflammation. It can be induced by vegetables (such as artichoke, leek, and cabbage), fruits (like cantaloupe, nectarine, and apple), and fermented products (for example miso, tempeh, and kefir). This bacteria is present in 76.2% of the population.

Hafnia-Obesumbacterium



Hafnia-Obesumbacterium is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. It can be induced by legumes (such as soybeans, chickpeas, and lupin) and nuts or seeds (like cashew nuts or flax seeds). This bacteria is present in 6.8% of the population.

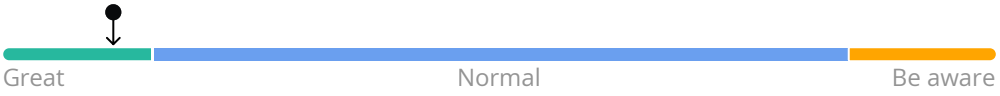
Christensenellaceae _R-7_group



Christensenellaceae R-7 group is associated with weight reduction support, as it has been linked to a decrease in cholesterol and obesity risk. This bacteria is present in 88.6% of the population.

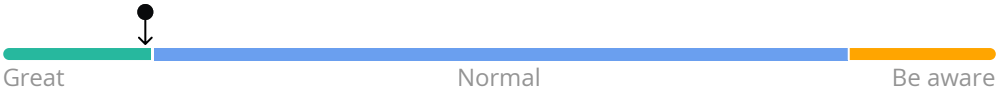
2.2 Bad Bacteria

Bilophila



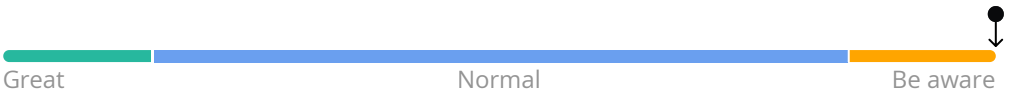
Bilophila is associated with fat alarm, as it has been linked to an increase in hydrogen sulphide production and cholesterol. It can be induced by organs (such as liver, heart, and kidney) and can be reduced by cereals (like oat, amaranth, and muesli). This bacteria is present in 60.5% of the population.

Desulfovibrio



Desulfovibrio is associated with fat alarm, as it has been linked to an increase in cholesterol. It can be induced by organ meat (such as liver, heart, and kidney) and can be reduced by cereals (like oat, amaranth, and muesli). This bacteria is present in 42.6% of the population.

Bacteroides

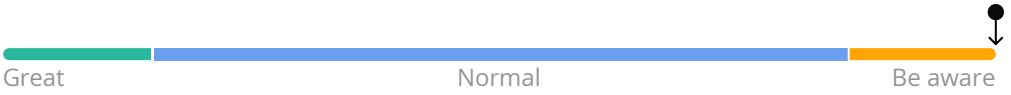


Bacteroides is associated with infection alarm, as it has been linked to an increase in lipids. It can be induced by animal (such as butter, cream, and lard) or vegetable condiments (like margarine, coconut oil, and corn syrup) and can be reduced by seafood (for example cod and bass). This bacteria is present in 99.8% of the population.

Escherichia-Shigella

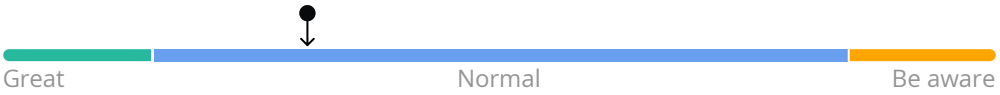
Escherichia-Shigella is associated with infection alarm, as it has been linked to an increase in lipids and inflammation. This bacteria is present in 62.0% of the population.

Klebsiella



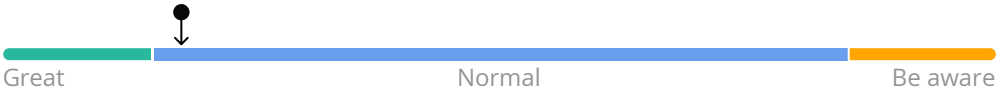
Klebsiella is associated with infection alarm, as it has been linked to an increase in lipids and inflammation. This bacteria is present in 2.7% of the population.

Sutterella



Sutterella is associated with infection alarm, as it has been linked to an increase in lipids and inflammation. This bacteria is present in 73.8% of the population.

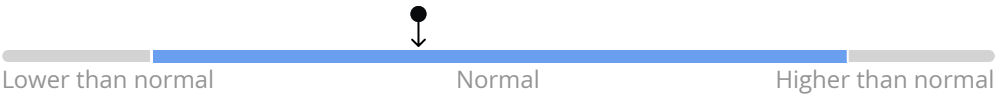
Fusobacterium



Fusobacterium is associated with potential colon problems, as it has been linked to an increase in cancer risk. It can be induced by red (such as pork, beef, and lamb) and processed meat (like sausage, burger, and pate) and reduced by fruits (for example pear, kiwi, and grape). This bacteria is present in 2.3% of the population.

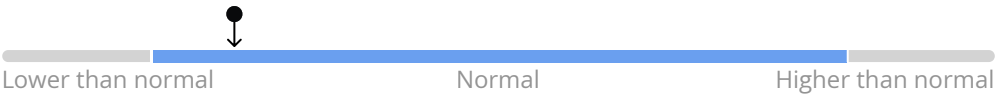
2.3 Other relevant bacteria

Lachnospiraceae



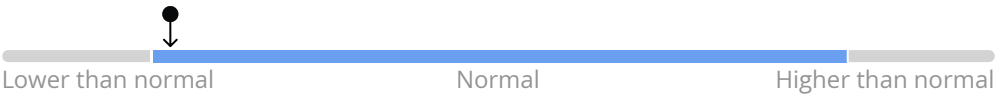
Lachnospiraceae is not yet associated with a category of Easly, but some literature linked it to an increase in butyrate production, and a decrease in cholesterol and obesity risk. This bacteria is present in 32.7% of the population.

Fusicatenibacter



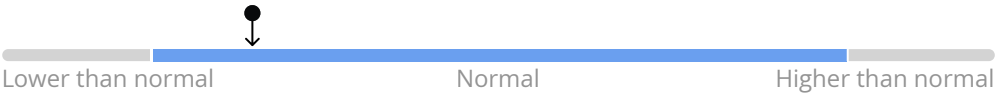
Fusicatenibacter is not yet associated with a category of Easly, but some literature linked it to an increase in butyrate production and bowel movement. This bacteria is present in 89.0% of the population.

Methanobrevibacter



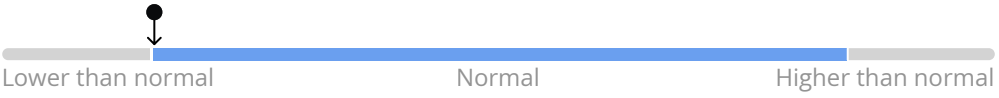
Methanobrevibacter is associated with fibre degradation, as it can be linked to an increase in methane production and constipation. This bacteria is present in 26.2% of the population.

Methanosphaera



Methanosphaera is associated with fibre degradation, as it can be linked to an increase in methane production and constipation. This bacteria is present in 5.9% of the population.

Prevotella

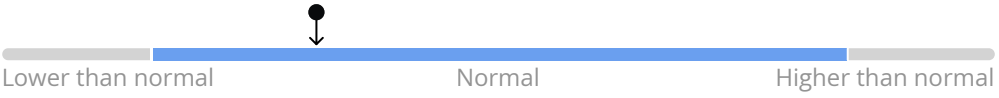


Prevotella is not yet associated with a category of Easly, but some literature linked it to a decrease in lipids. This bacteria is present in 16.3% of the population.

Clostridium

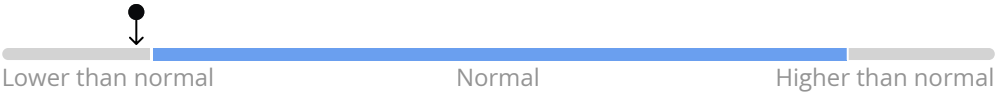
Clostridium sensu stricto 1 is not yet associated with a category of Easly, but some literature linked it to an increase in cholesterol and obesity risk. This bacteria is present in 73.6% of the population.

Subdoligranulum



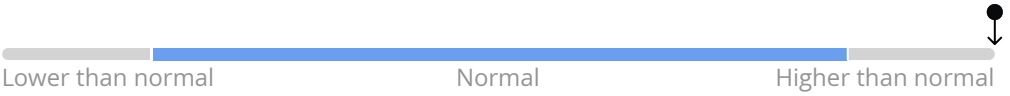
Subdoligranulum is not yet associated with a category of Easly, but some literature linked it to a decrease in cholesterol and obesity risk, and an increase in lipids. This bacteria is present in 81.0% of the population.

Ruminiclostridium



Ruminiclostridium is not yet associated with a category of Easly, but some literature linked it to an increase in butyrate production and a decrease in cholesterol and obesity risk. This bacteria is present in 49.9% of the population.

Dorea

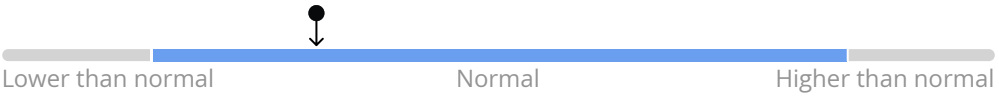


Dorea is not yet associated with a category of Easly, but some literature linked it to an increase in butyrate production and bowel movement. This bacteria is present in 94.1% of the population.

Lachnoclostridium

Lachnoclostridium is not yet associated with a category of Easly, but some literature linked it to a decrease in cancer risk. This bacteria is present in 89.9% of the population.

Lachnospira



Lachnospira is not yet associated with a category of Easly, but some literature linked it to a decrease in cholesterol and obesity risk. This bacteria is present in 74.3% of the population.

3. BODY MASS INDEX

The body mass index (BMI) is a value derived from the weight and height that you filled in after taking a stool sample. The BMI is defined as the weight divided by the square of the height and is expressed in kg/m^2, resulting from weight in kilograms and height in meters.

If your BMI is less than 18.5, it falls within the underweight range. If your BMI is 18.5 to 24.9, it falls within the normal range. If your BMI is 25.0 to 29.9, it falls within the overweight range. If your BMI is 30.0 or higher, it falls within the obesity range.

Your BMI is: 16.98

4. GUT HEALTH

The three subcategories under Gut health (Immune strength, Gut wall strength, and Weight reduction support) can be seen as the good categories, as they can have a positive effect on your health. The food items that are mentioned in the dietary advice can be consumed more to potentially increase your bacteria.

Bacteria ranges

Bacteria levels provide a snapshot for dietary advice that is based on bacteria counts and organized into bacteria ranges. Following healthy and diverse eating patterns may help your current bacteria levels increase to 'normal' and 'great'. On the other hand, not following healthy and diverse eating patterns may decrease your current bacteria levels to 'be aware'.

Your current bacteria level

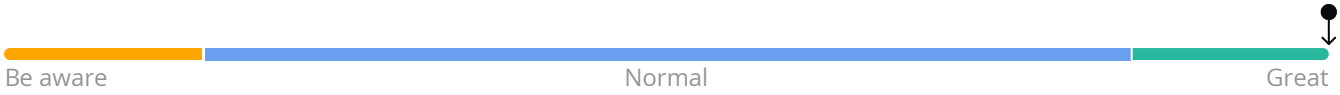
• Be aware	Your bacteria need your attention
• Normal	Your bacteria are fine
• Great	You are the biggest supporter of your bacteria

About gut health

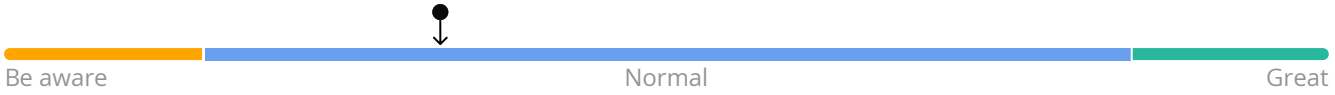
We have split Gut health into relevant subcategories. For sake of simplicity, we have focused on characteristic bacteria for these subcategories, but please be aware that some of these species serve several functions. For example, bacteria that improve your immune system can also strengthen your gut wall lining or support your weight reduction. Please see explanations of bacteria functions in Your bacteria levels.

4.1 IMMUNE STRENGTH

Lactobacillus



Bifidobacterium



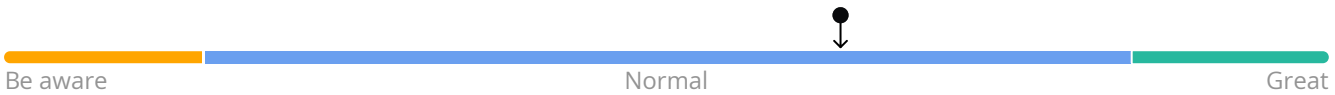
An important task of our gut is to shield us from all the outside dangers. The gut microbiome plays a vital role in our immune system, the ability to fight off pathogens. For example, good bacteria may protect us against diseases by creating compounds that hinder their growth and activating or training the immune system to defend us. Such bacteria can also play an important part in the strength of your defence by breaking down indigestible foods into digestible nutrients and beneficial substances, namely Short Chain Fatty Acids (SCFAs). SCFAs can then serve as valuable food for other helpful bacteria.

On the other hand, stress is associated with adverse implications for the immune system. Over time, the number and the frequency of stress-related disorders, such as anxiety and depression, have grown, owing in part to the diet. Stress can affect the intestinal barrier and has been associated with an increase in gut permeability and a decrease in immune function. In contrast, a decrease in the stress hormone – cortisol – and an increase in the happy hormone – serotonin – can improve your immune strength.

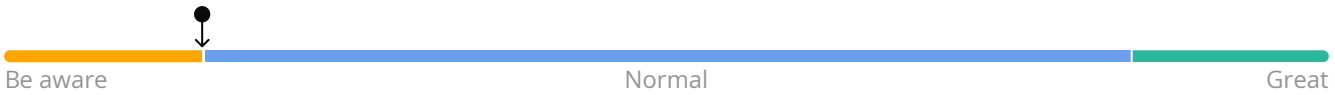
Your sample results for Immune strength are in 'normal' and 'great'. This means that your bacteria are doing good. Keep maintaining a healthy and diverse eating pattern to improve your immune strength.

4.2 GUT WALL STRENGTH

Faecalibacterium



Eubacterium



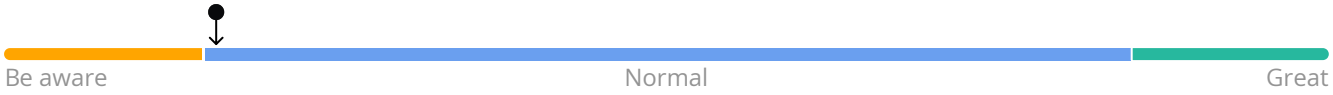
Your intestinal wall and slime are protective layers that prevent pathogens from entering the bloodstream. But it does not only serve as a barrier, to the contrary, all compounds produced by our bacteria must also pass through it to enter different body systems (blood, neural, lymphatic, etc.).

Therefore, its strength and its ability to function well, is so relevant. One of the positive effects on the strength of our gut wall is based on the fact that certain bacteria producing butyrate, an essential substance that is created by digesting dietary fibre. Butyrate is particularly important because it is a primary source of energy for certain cells (colonocytes), thereby ensuring the strength of its intestinal barrier function.

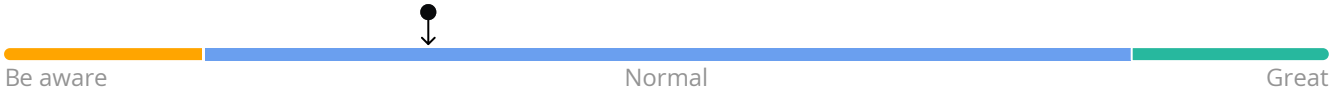
Your sample results for Gut wall strength are in 'normal'. This means that your bacteria are fine. Keep maintaining a healthy and diverse eating pattern to improve your gut wall strength.

4.3 WEIGHT REDUCTION SUPPORT

Akkermansia



Hafnia-Obesumbacterium



The gut microbiome has an influence on our metabolism (the way we break down, absorb, and use food). As a result of digesting certain types of food, bacteria produce beneficial substances like butyrate. Butyrate provides protection against obesity by being a nutrient for good bacteria that can help prevent and/or delay weight gain. Recent research suggests that the gut microbiome has an influence on our ability to lose weight. The more we host bacteria in the gut, that help us to break down complex carbohydrates (starches) into simple sugars, the better.

In addition, the gut microbiome also has an impact on our sleep quality. For instance, good bacteria can (directly or indirectly) produce the sleep molecule – melatonin – and send out different signals involved in better relaxation. A diverse gut microbiome promotes longer and deeper sleep. On the contrary, an unhealthy gut microbiome may produce fewer sleep molecules and butyrate which may lead to a higher risk of obesity. Obesity, in turn, has been associated with a negative sleep quality.

Your sample results for Weight reduction support are in 'normal'. This means that your bacteria are fine. Keep maintaining a healthy and diverse eating pattern to improve your weight reduction support.

5. FIBRE DEGRADATION

The one subcategory under Fibre degradation (Gas production) can be seen as the other relevant category, as it is not yet clear whether it has a positive or negative effect on your health. That is why we can only show whether you are ‘lower than normal’ or ‘higher than normal’.

Bacteria ranges

Bacteria levels provide a snapshot for dietary advice that is based on bacteria counts and organized into bacteria ranges. Following healthy and diverse eating patterns may help your current bacteria levels increase to 'normal' and 'great'. On the other hand, not following healthy and diverse eating patterns may decrease your current bacteria levels to 'be aware'.

Your current bacteria level

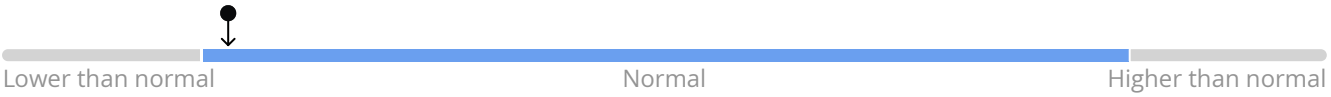
• Lower / higher than normal	Your bacteria are below / above normal
• Normal	Your bacteria are fine

About fibre degradation

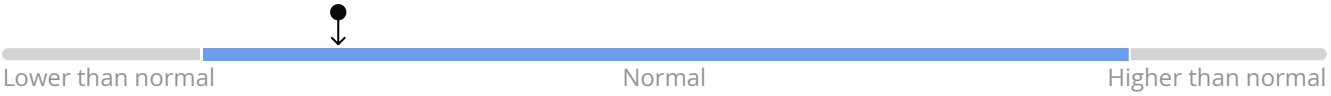
We have listed these bacteria under Fibre degradation. However, please be aware of the fact that they produce gases and therefore may cause constipation. Please see explanations of bacteria function in Your bacteria levels.

5.1 GAS PRODUCTION

Methanobrevibacter



Methanosphaera



The bacteria in our gut produce about 80 litres of gas a day. Excessive or rapid gas production can lead to intestinal cramps. Fortunately, most of this is absorbed into the bloodstream and exhaled through the lungs. However, a small portion leaves our bodies 'through the backdoor'. Methane is one of those gasses, produced by certain gut bacteria selected for this category. Nevertheless, they are beneficial because of their ability to convert 2 gasses - hydrogen and carbon dioxide - into 1 gas – methane - reducing gas pressure and thus intestinal cramps.

Although there are no science-based guidelines to get rid of bloating, here are a few tips and tricks that might help you manage your symptoms:

- Gradually increase high-fibre foods. Gas and bloating are normal when you consume fibre - you are feeding your inner bacteria! The trick is not to reduce your fibre intake, but to give your body time to adjust. Start slowly and make sure that as your fibre intake increases, so does your water intake. This 'keeps things moving' down there.
- Try a cup of peppermint tea or a capsule of peppermint oil after your meal. It helps relax the gut and reduces gas and bloating.
- Gently move for 10-15 minutes after your meal (walking and yoga are great options).
- Replace salt with herbs and spices such as cumin, paprika, curry, turmeric, ginger, etc. Diets high in salt can contribute to water retention and abdominal pain.
- Keep an eye on any 'trigger foods'. Everyone is different - what works for one may not work for another. If you know something can cause cramps, give your body time to adjust before completely eliminating it from your diet.
- The following foods can exacerbate gas and bloating, so keep these in mind as possible 'trigger foods': unripe and large amounts of fruit; sweeteners in 'light' products such as cola; products containing a lot of air such as whipped cream or mousse; spicy foods; and certain vegetables such as leeks, bell peppers, onions, and garlic.
- In addition, certain foods are more difficult to digest than others, such as lentils, beans, cabbage, broccoli, Brussels sprouts etc. Slowly increase consumption or swap them for another plant-based alternative if your symptoms don't improve over time.
- It may help to cook all your vegetables properly so that they are easier to digest.
- Soak your legumes overnight to get rid of some of the sugar that causes stomach pain.
- Pay attention to your bowel movements - constipation is a key contributor to bloating.
- Eat slower (and with your mouth closed) so that you swallow less air. Also, focus on chewing food thoroughly – depending on the product you should aim to chew 10-30 times before swallowing.
- Reduce your consumption of carbonated drinks - their bubbles can get trapped in your gastrointestinal tract and cause cramps.
- In most cases, gas and bloating is not a sign of a medical condition. However, if you notice that you often suffer from this, it is important to consult your doctor.

Your sample results for Fibre degradation are in 'normal'. This means that your bacteria are fine.

6. GUT CHALLENGES

The three subcategories under Gut challenges (Potential colon problems, Infection alarm, and Fat alarm) can be seen as the bad categories, as they can have a negative effect on your health. The food items that are mentioned in the dietary advice can be consumed more or less to potentially decrease your bacteria.

Bacteria ranges

Bacteria levels provide a snapshot for dietary advice that is based on bacteria counts and organized into bacteria ranges. Following healthy and diverse eating patterns may help your current bacteria levels decrease to "normal" and "great". On the other hand, not following healthy and diverse eating patterns may increase your bacteria levels to "be aware".

Your current bacteria level

Good and bad bacteria

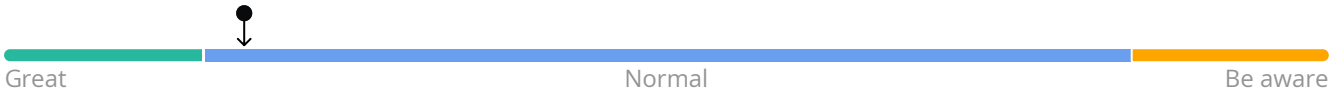
• Be aware	Your bacteria need your attention
• Normal	Your bacteria are fine
• Great	You are the biggest supporter of your bacteria

About gut challenges

We have split Gut challenges into relevant subcategories. For sake of simplicity, we have focused on characteristic bacteria for these subcategories, but please beaware that some of these species serve several functions across subcategories. For example, bacteria that impair your immune system can also weaken your gut wall lining or support your potential colon problems. Please see explanations of bacteria functions in Your bacteria levels.

6.1 POTENTIAL COLON PROBLEMS

Fusobacterium

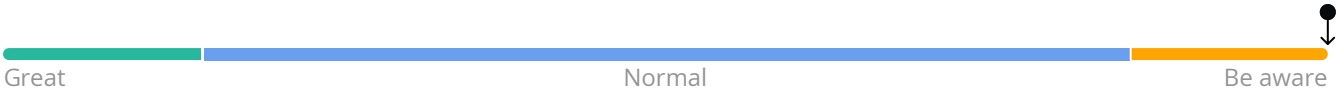


The gut microbiome promotes various physiological functions, which are related to the natural growth of cells, the renewal of blood vessels in the gut, and the programmed death of cells. Several studies have found that certain bacteria - including Fusobacterium – may be associated with the development of disorders in the colon. In these studies, a shift in the composition of the gut microbiome was observed in patients with such a condition. Although scientists have not determined whether Fusobacterium causes these diseases or that it simply thrives in the environment of these diseases, its presence can indicate a potential colon problem.

Your sample results for Potential colon problems are in 'normal'. This means that your bacteria are fine. Keep maintaining a healthy and diverse eating pattern to improve your potential colon problems.

6.2 INFECTION ALARM

Bacteroides



Bad bacteria can cause inflammation in the gut. Acute intestinal infections, often leading to diarrhoea and very noticeable by the host, are usually caused by infectious bacteria. However, there are also other bacteria that cause conditions which are more subtle and much less noticeable by the host, but nevertheless undesired. Such bacteria, for example, produce substances that can lead to inflammation when they enter the bloodstream or reduce antibodies that are an important part of the immune system and therefore lower our ability to fight of infections.

Your sample results for Infection alarm are in 'be aware'. This means that your bacteria need attention. Start introducing the dietary advice below to improve your infection alarm.

Dietary advice

Foods to encourage

Cereals

Food	Portion size, g
Barley	100
Porridge	100
Flour, almond	100
Oat bran	100
Bread, barley	100

Oatmeal	100

Condiments and seasonings

Food	Portion size, g
Pepper	100
Cocoa powder	100
Oil, canola	100
Oil, olive	100
Oil, peanut	100
Oil, soybean	100
Oil, sunflower	100
Oil, salad	100
Seed, cardamom	100
Cinnamon	100
Curry powder	100
Oregano	100
Thyme	100
Turmeric	100
Oil, sesame	100

Basil	100
Chilli, green	100
Chilli, red	100
Coriander	100
Parsley	100
Rosemary	100
Cajun seasoning	100
Peppermint	100
Oil, safflower	100
Cayenne pepper	100

White meat

Food	Portion size, g
Chicken, breast	100
Turkey, breast	100
Rabbit, all cuts	100
Chicken fillet	100
Turkey fillet	100

Nuts and seeds

Food	Portion size, g
Seed, linseed or flaxseed	100
Peanut butter	100
Nut, almond	100
Nut, cashew	100
Nut, chestnut	100
Nut, hazelnut	100
Nut, macadamia	100
Nut, pecan	100
Nut, pistachio	100
Nut, walnut	100
Seed, chia	100
Seed, pumpkin	100
Seed, sesame	100
Nut, mixed	100

Fish

Food	Portion size, g
Gemfish	100

Tuna	100
Barramundi	100
Bassa	100
Kingfish	100
Mackerel	100
Milkfish	100
Salmon	100
Sardine	100
Silver perch	100
Tilapia	100
Trout	100
Whitefish	100
Abalone	100
Prawn	100
Tuna, in water	100
Tuna, in oil	100
Herring	100
Anchovy	100

Cod	100
Tilefish	100
Swordfish	100
Pangasius	100

Beverages

Food	Portion size, ml
Coffee, espresso	100
Tea, green	100
Tea, black	100
Tea, rooibos	100
Tea, ginger	100
Ginseng	100
Tea, herbs	100
Tea, chamomile	100
microbiomeDietaryFoods.items.2049	100

Fruits, fruit juices

Food	Portion size, ml
Cranberry juice	100

Apple	100
Apricot	100
Raspberry, black	100
Lingonberry	100
Chokeberry	100
Raspberry, red	100
Blackberry	100
Blueberry	100
Cherry	100
Gooseberry	100
Fig	100
Grape	100
Grapefruit	100
Kiwi, green	100
Kiwi, gold	100
Mandarin	100
Mango	100
Watermelon	100

Mulberry	100
Nectarine	100
Orange	100
Pawpaw (papaya)	100
Peach	100
Pear	100
Pineapple	100
Pomegranate	100
Strawberry	100
Tangelo	100
Tangerine	100
Melon	100
Currant, black	100
Currant, red	100
Cantaloupe	100
Shot, ginger	100
Khaki	100

Sweets, confectionery and pastries

Food	Portion size, g
Chocolate, dark	100
Liquorice	100

Vegetables

Food	Portion size, g
Corn	100
Mushroom	100
Seaweed, nori	100
Seaweed	100
Maitake	100
Shiitake	100
Reishi	100
Seaweed salad	100

Plant-based alternatives

Food	Portion size, ml
Oat drink	100
Cashew drink	100

Foods to limit

Sweets, confectionery and pastries

Food

Pie, meat

Fries

Dairy

Food

Butter

Cream, coconut

Whipped cream

Creme fraiche

Condiments and seasonings

Food

Margarine

Oil, palm

Oil, coconut

Lard

Red and processed meat

Food

Beef, roasting piece

Beef, steak

Beef, mince

Beef, silverside roast

Veal, all cuts

Lamb, all cuts

Mutton, all cuts

Pork, fillet

Pork, mince

Pork, spare ribs

Bacon

Ham, cooked

Beef, sausage

Chicken, sausage

Lamb, sausage

Pork, sausage

Meatstick

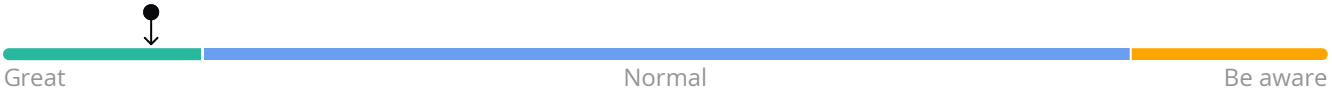
Salami

Meatball
Meat stew
Venison, all cuts
Chicken, burger
Beef, burger
Pork, burger
Pate
White meat

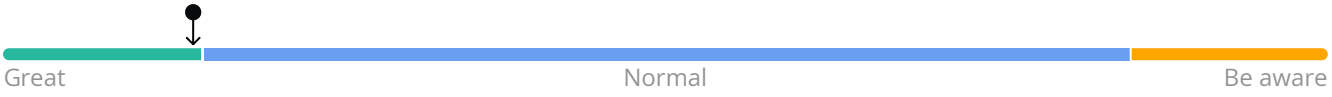
Food
Chicken, nugget

6.3 FAT ALARM

Bilophila



Desulfovibrio



A high-fat diet with a low fibre intake has a detrimental effect on the gut microbiome. Such a diet promotes the growth of unwanted bacteria on the intestinal wall, which can lead to inflammatory reactions and intestinal permeability. Usually, a high prevalence of the bacteria in this category is associated with a higher fat intake. However, it may also be the case that the balance of

macronutrients (carbohydrates, fats, and proteins) is disturbed, so that the amount of fat is not exceptionally high, but rather high in relation to the amount of carbohydrates and proteins.

Your sample results for Fat alarm are in 'great'. This means that you are the biggest supporter of your bacteria. Keep maintaining a healthy and diverse eating pattern to improve your fat alarm.

Disclaimers

The content provided by Easly regarding advice on the microbiome is solely for educational and informational purposes. The material is not intended for diagnostic purposes by the customer and is not a substitute for expert medical advice. If you have any questions about the diagnosis, treatment, cure, alleviation, or prevention of any disease or other medical condition or disability, or about the status of your health, you should always seek the advice of your physician or other healthcare providers. You can also consult Easly's physicians.