# Article information:

Diet–microbiota interactions as moderators of human metabolism | Nature  
<https://www.nature.com/articles/nature18846>

# Article summary:

1. Worldwide, obesity has more than doubled since 1980 and is a strong risk factor for other metabolic complications such as type 2 diabetes.

2. Research has shown that diet modulates the composition and function of the gut microbiota in humans and other mammals, with evidence from people who switch between plant- and meat-based diets or follow either a high-fibre–low-fat diet or a low-fibre–high-fat diet for 10 days.

3. The picture emerging suggests that obesity is associated with reduced diversity of the gut microbiota, systemic inflammation, and microbial metabolites such as bile acids and short-chain fatty acids.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “Diet–microbiota interactions as moderators of human metabolism” provides an overview of how diet can affect the composition and function of the gut microbiota in humans and other mammals. The article is well written and provides a comprehensive overview of the current research on this topic. It cites several studies to support its claims, which adds to its credibility.

However, there are some potential biases in the article that should be noted. For example, it does not explore any counterarguments to its claims or present both sides equally; instead it focuses solely on supporting evidence for its argument. Additionally, it does not mention any possible risks associated with altering one’s diet to modify their gut microbiota composition or function; this could be important information for readers to consider before making any changes to their own diets based on what they read in this article.

In conclusion, while this article provides an informative overview of how diet can affect the gut microbiota in humans and other mammals, it should be read critically by readers who should consider potential biases before making any changes to their own diets based on what they read here.

# Topics for further research:

* Gut microbiota composition risks
* Diet-microbiota interactions risks
* Counterarguments to diet-microbiota interactions
* Human metabolism and diet-microbiota interactions
* Gut microbiota function and diet
* Long-term effects of diet-microbiota interactions

# Report location:

<https://www.fullpicture.app/item/777a4f264ddcf8b5faa73d74fb42c86a>