

Sous-rubrique Microbiote et alimentation

*Sources : García-Montero C, Fraile-Martínez O, Gómez-Lahoz AM, Pekarek L, Castellanos AJ, Noguerales-Fraguas F, Coca S, Guijarro LG, García-Honduvilla N, Asúnsolo A, Sanchez-Trujillo L, Lahera G, Bujan J, Monserrat J, Álvarez-Mon M, Álvarez-Mon MA, Ortega MA (2021) Nutritional Components in Western Diet Versus Mediterranean Diet at the Gut Microbiota–Immune System Interplay. Implications for Health and Disease. *Nutrients* 13 (2):699 -Martínez Leo EE, Segura Campos MR (2020) Effect of ultra-processed diet on gut microbiota and thus its role in neurodegenerative diseases. *Nutrition* 71:110609. doi:<https://doi.org/10.1016/j.nut.2019.110609> - Cuevas-Sierra A, Milagro FI, Aranz P, Martínez JA, Riezu-Boj JI (2021) Gut Microbiota Differences According to Ultra-Processed Food Consumption in a Spanish Population. *Nutrients* 13 (8):2710 - Moeller AH, Li Y, Mpoudi Ngole E, Ahuka-Mundeke S, Lonsdorf EV, Pusey AE, Peeters M, Hahn BH, Ochman H (2014) Rapid changes in the gut microbiome during human evolution. *Proceedings of the National Academy of Sciences* 111 (46):16431-16435. doi:10.1073/pnas.1419136111