

Blackberry Microbiota Study

Main Study Questions

How does consumption of blackberries affect intestinal bacteria and is the effect different for obese and non-obese individuals?

Motivation for Research

There is an increasing appreciation for the importance of intestinal bacteria in impacting health. Intestinal bacteria can metabolize unabsorbed polyphenols (plant compounds) to produce smaller molecules which may impact health. In addition, evidence suggests that this process may be affected by body fatness. This study aims to investigate absorption of blackberry polyphenols, their impact on intestinal bacteria, polyphenol metabolites formed by intestinal bacteria, and how these processes differ for obese and lean individuals.

The study ran from mid-November 2013 to early April 2014.

