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PaperTitle **Is Today's Food, Still Adapted To Today's Lifestyles? At The Dawn Of A New Food Era**

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**ABSTRACT**

As from the latter half of the 1900's in the western world, one notices the rise of high fat, refined carbohydrate, and high protein-type foods, processed in hygienic conditions on an industrial scale, widely available, and much more accessible than ever before, resulting in consumption far in excess of humans' average nutritional needs. In parallel, one certainly notices the increase in the average lifespan, but also, related to this excessive consumption, the steep rise of food-related illnesses such as excess weight and obesity, diabetes-type 2, immune deficiencies, colon cancer, and so on. Today's discerning consumers, some governments, pioneering food companies and food retailers, are working to curb this actual trend of food related illnesses, by speeding up the launch, and increasing the consumption of, the "food products of tomorrow". In this future food scenario, prebiotics will continue playing their essential role as specific colonic nutrients. It is recognized already today, more than ever before, that the symbiosis between the complex gut microflora and the human colon is a major player in the health and well-being of every individual.