

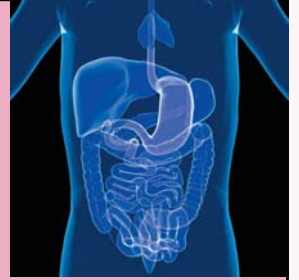


Learn more on how **Fruits, Vegetables and Probiotics** impact gut health - particularly in prevention of chronic disease states such as **Cancer and Obesity**.

For more details contact the course instructor.

Department of Food Science presents

FOOD AND PROBIOTICS FOR GUT HEALTH – FD SC 497F

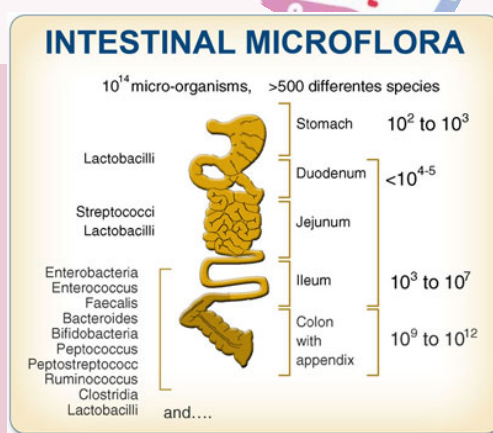


- This course is designed to integrate food science, nutrition with an emphasis on prevention of chronic diseases such as colon cancer and type 2 diabetes.
- Student will learn how functional foods modulate gut health and how gut health connects to overall health.

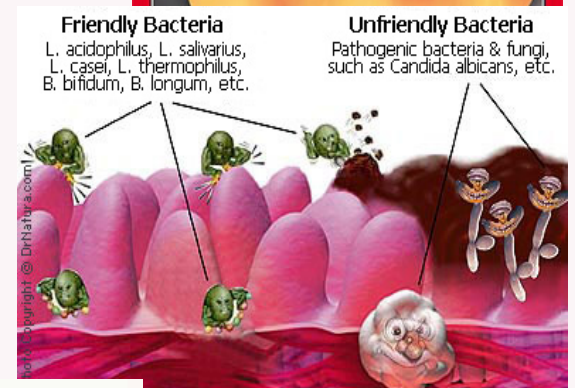
**Fall 2015
2 Credits**

**Mondays and Fridays
4:40 to 5:30 PM
009 Business Bldg**

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**Your Health
STARTS IN
Your Gut**



With successful completion of the course, you will have achieved:

- An integrated understanding of
 - Effect of farm to fork operation on health-benefiting dietary bioactive compounds.
 - Pre/probiotics and their synergistic effects on gut health.
 - Whole foods vs. isolated compounds effect on disease states such as colon cancer and type 2 diabetes.
- Improved analytical and communication skills by class discussions, presentations, and group projects.

Required/recommended knowledge base:

Use any basic biochemistry/molecular biology book you own as reference. An understanding of basic biochemistry and cell biology is required for this course. Prior course-work/knowledge in molecular biology and signal transduction pathways would be beneficial, however, not essential.