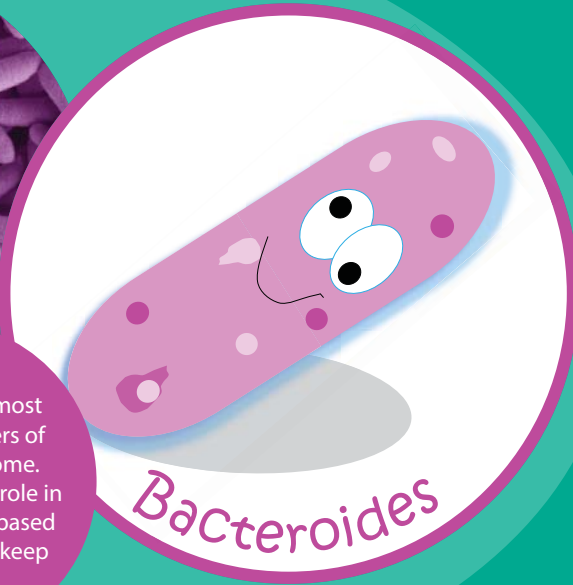


Meet the microbes



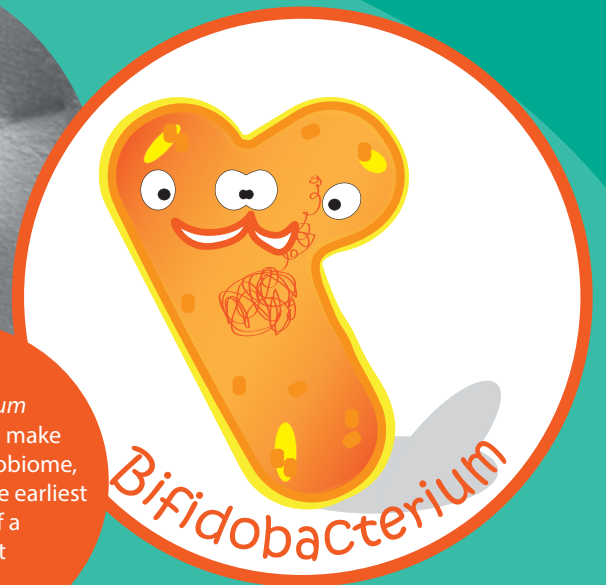
Bacteroides are some of the most common members of our gut microbiome. They play a crucial role in fermenting plant-based foods, helping to keep us healthy.



Bacteroides



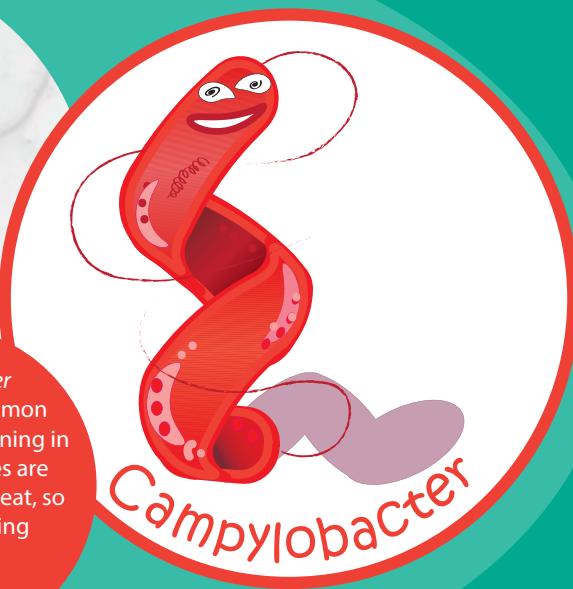
Bifidobacterium are bacteria that make up a healthy microbiome, and are some of the earliest colonisers of a healthy gut



Bifidobacterium



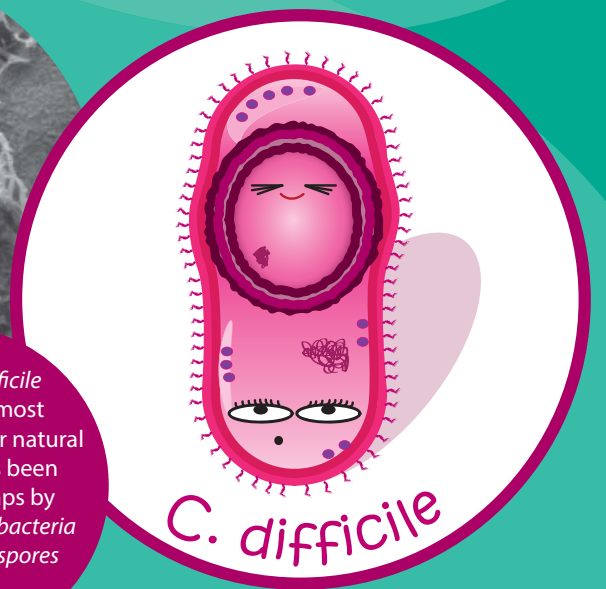
Campylobacter are the most common cause of food poisoning in the UK. Most cases are linked to poultry meat, so take care handling raw chicken



Campylobacter



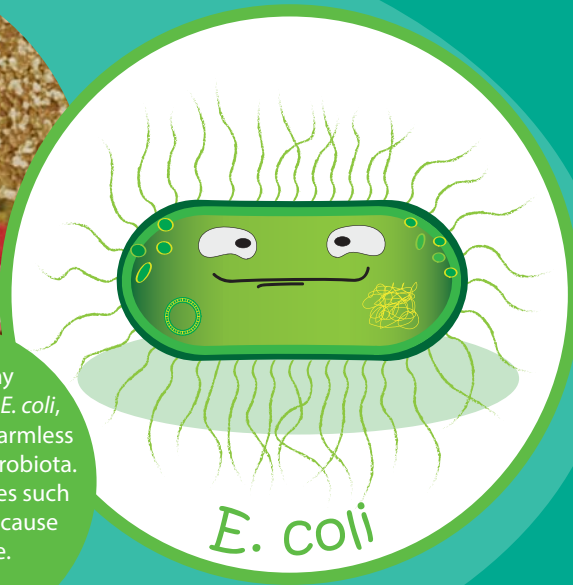
Clostridium difficile infections are most common after your natural microbiome has been depleted, perhaps by antibiotics. These bacteria can make hardy spores if stressed.



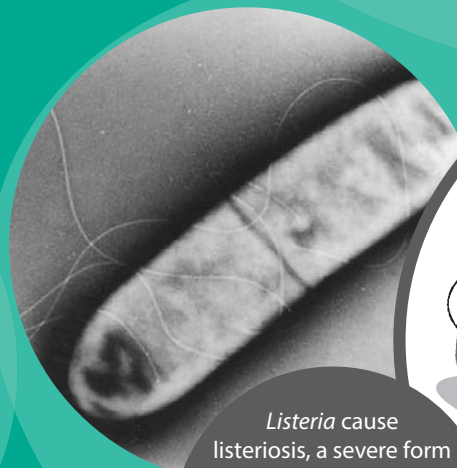
C. difficile



There are many different strains of *E. coli*, most of which are harmless members of our microbiota. However, some types such as *E. coli* O157 can cause severe disease.



E. coli



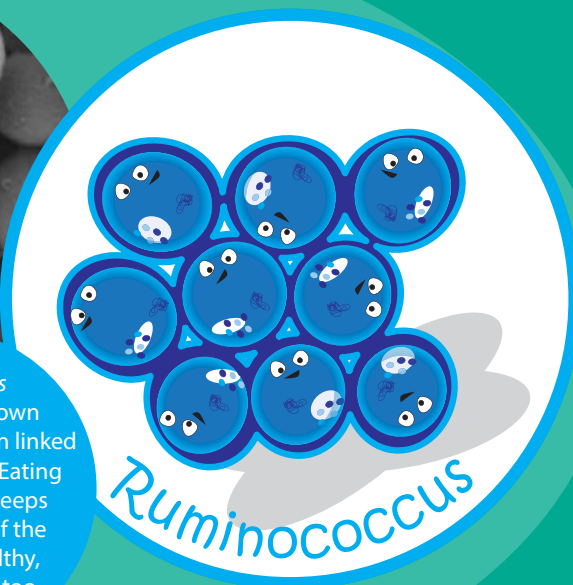
Listeria cause listeriosis, a severe form of food poisoning. People with weakened immune systems (the elderly, pregnant women, new born babies) are especially vulnerable.



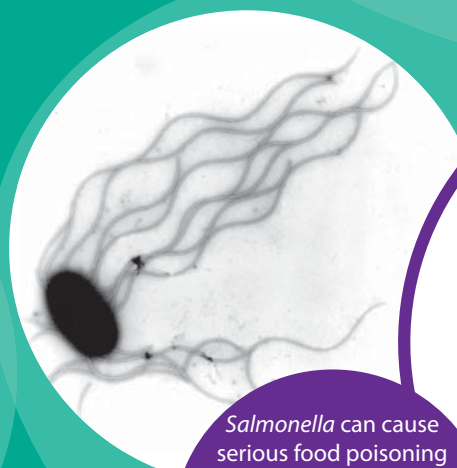
Listeria



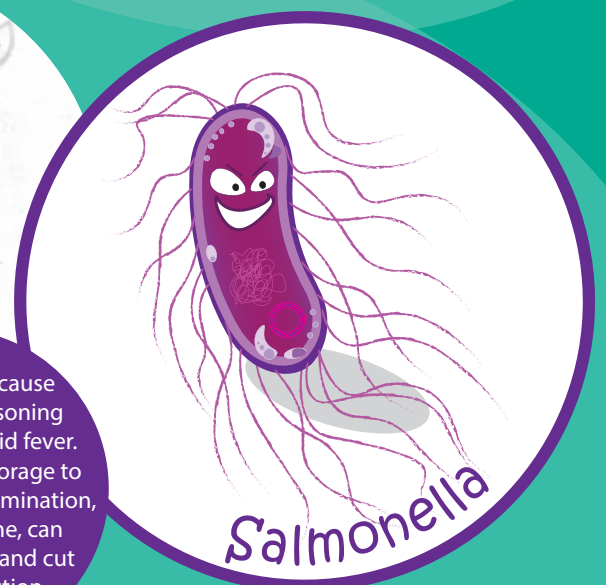
Ruminococcus bacteria break down fibre, which has been linked to health benefits. Eating a high fibre diet keeps these members of the microbiome healthy, and therefore us too.



Ruminococcus



Salmonella can cause serious food poisoning and deadly Typhoid fever. Proper cooking, storage to prevent cross-contamination, and good hygiene, can reduce its spread and cut the risk of infection.



Salmonella