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Summary

THE IMPACT OF UNNECESSARY GLUTEN-FREE DIET ON GUT MICROBIOTA

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A 30-day gluten-free diet in 30 healthy adults did not alter overall gut microbiota diversity but significantly reduced Bifidobacterium species and bacteria involved in complex carbohydrate metabolism.

KEY POINTS

- Species alpha-diversity did not significantly change during the 30-day gluten-free diet period in healthy subjects ($p > 0.05$)
- 14 bacterial species significantly decreased in relative abundance ($q < 0.05$), with most belonging to the Bifidobacterium genus, including Bifidobacterium longum ($p=0.000000003$; $q=0.000001$)
- Bacteria involved in complex carbohydrate metabolism also decreased during the gluten-free diet
- The study enrolled 30 healthy, asymptomatic adults (21 females, 9 males; mean age 34±14 years) with no metabolic, cardiovascular, respiratory, rheumatic or neurological illnesses, using shotgun metagenomic sequencing of fecal samples collected at days 0, 3, 7, and 30

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