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Summary

YOYO DIETING AND BENEFITS OF RESISTANT STARCH ON GUT AND METABOLIC HEALTH

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A mouse study investigated whether resistant starch supplementation could counteract metabolic and gut microbiome changes caused by yoyo-dieting, finding sex-specific effects with benefits observed only in males.

KEY POINTS

- Male mice fed a high-fat diet with resistant starch had significantly lower weight gain, liver mass, adipose tissue, and improved insulin tolerance compared to those fed a high-fat diet alone, while no significant differences were observed in females.
- Male mice fed a yoyo-diet with resistant starch showed a shift in microbiota composition toward control animals after switching from high-fat to control diet, whereas female mice showed no change in microbiome profile.
- Mice fed diets supplemented with resistant starch had significantly lower alpha diversity and a different microbiota profile compared to mice fed without resistant starch, and male mice had significantly higher alpha diversity than females.
- No significant differences in glucose tolerance or intestinal permeability were observed across all diets or between sexes.
- This preclinical work may be of interest to researchers studying sex differences in diet-induced metabolic changes and gut microbiome modulation.

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