



Innovative pulse and cereal-based food fermentations for human health and sustainable diets

Gut-related Health Effects of Oat-based Yogurt Alternative in Individuals with Increased Cardiometabolic Risk

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HealthFerm Conference 2026



UNIVERSITY OF
EASTERN FINLAND

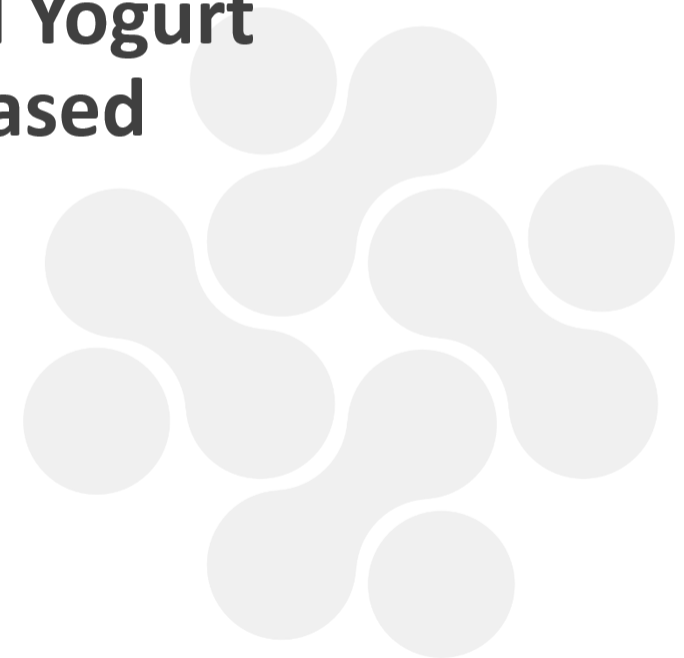


**Co-funded by
the European Union**

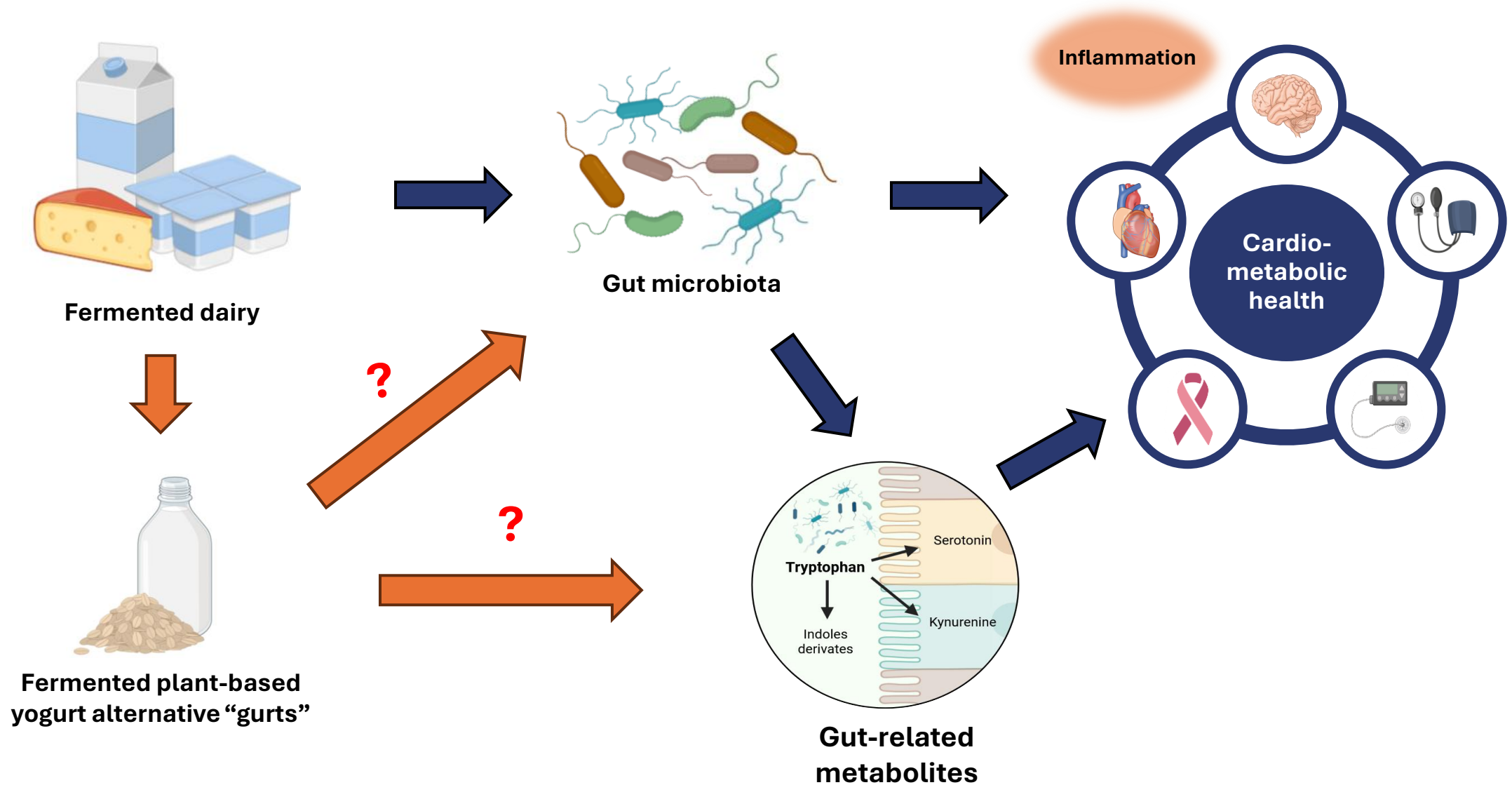
Project funded by



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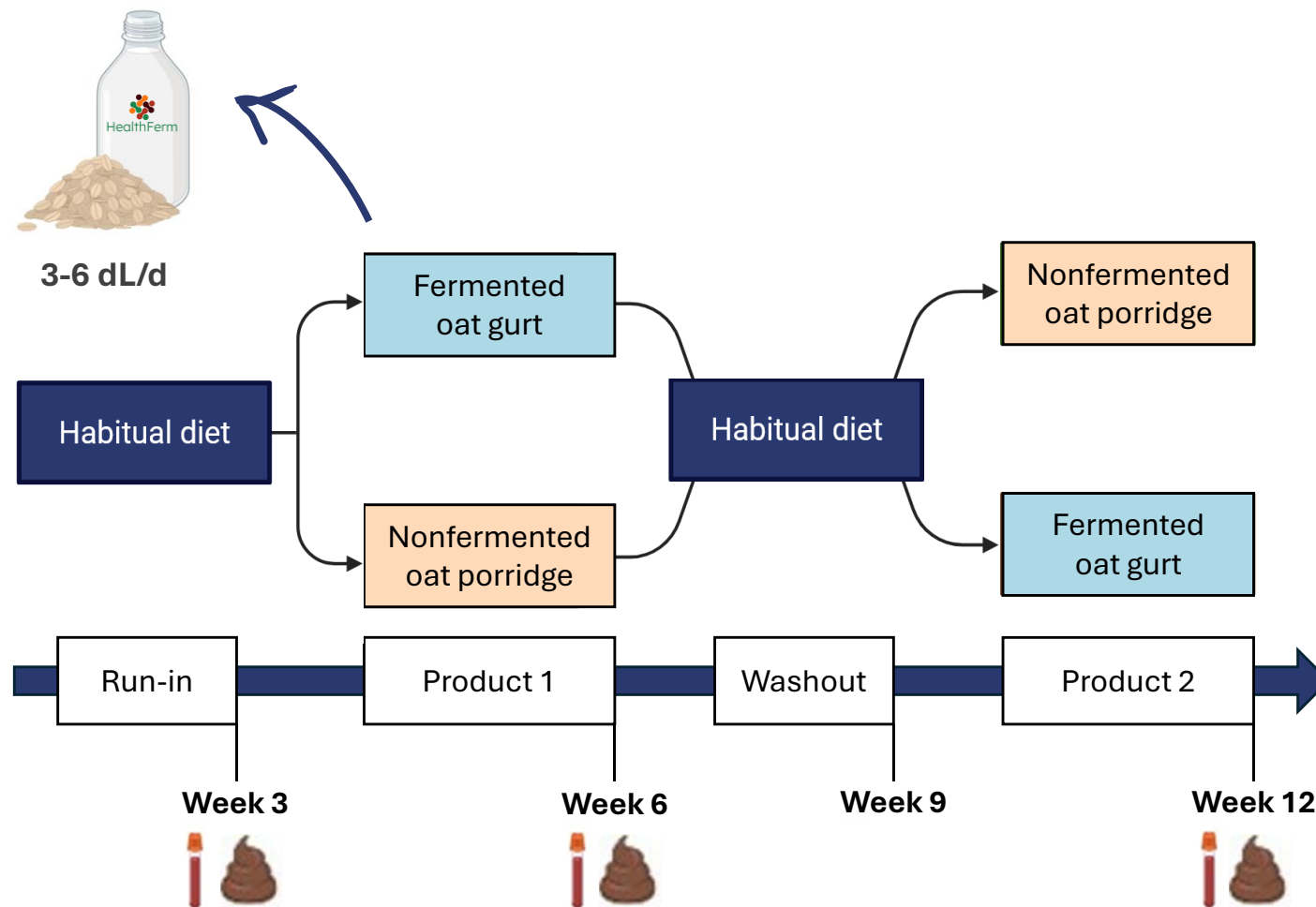
The unexplored gut health potential of fermented plant-based yogurts



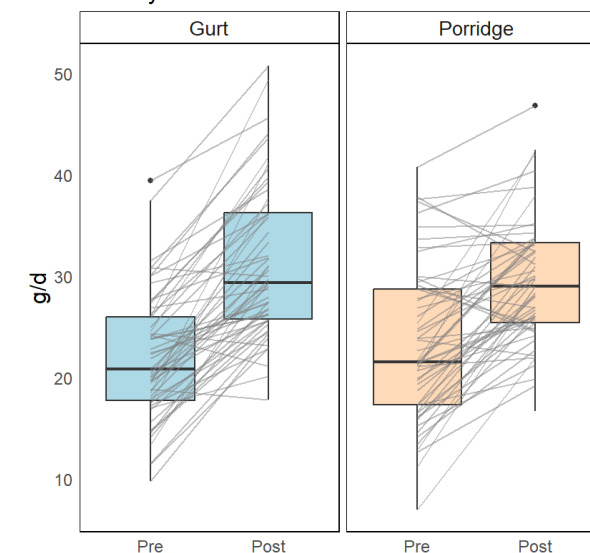
HealthFerm clinical intervention: Gurt



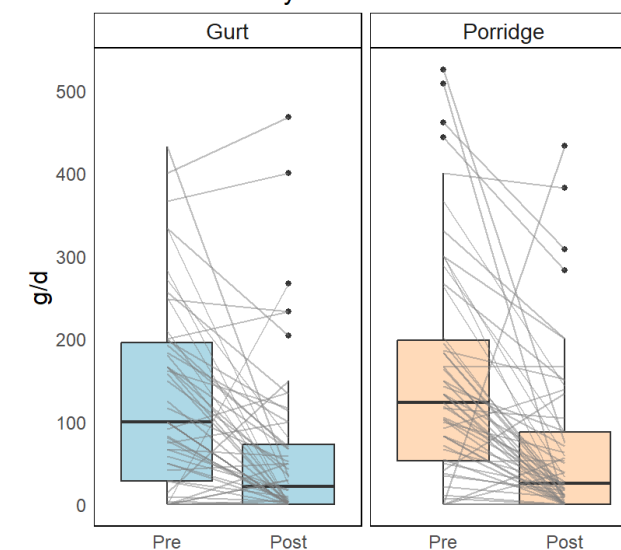
n = 56 adults
with mild metabolic
deterioration



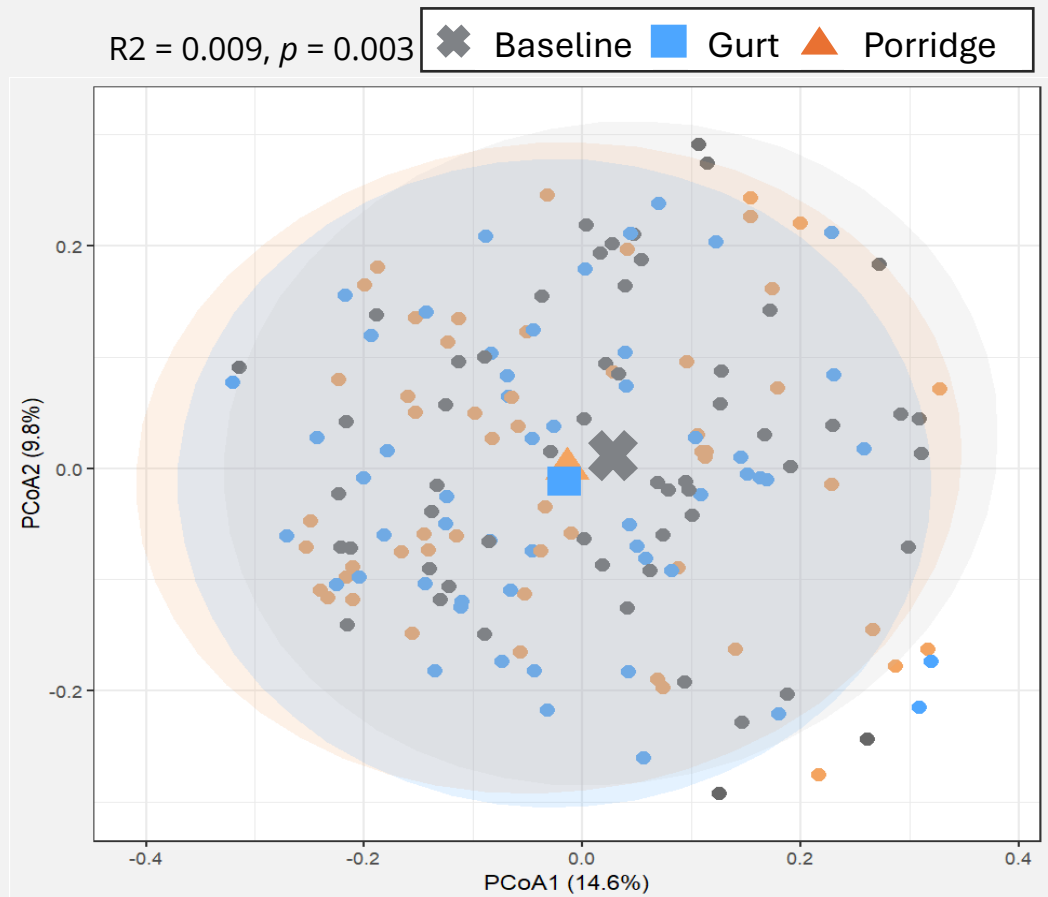
Dietary fibre intake



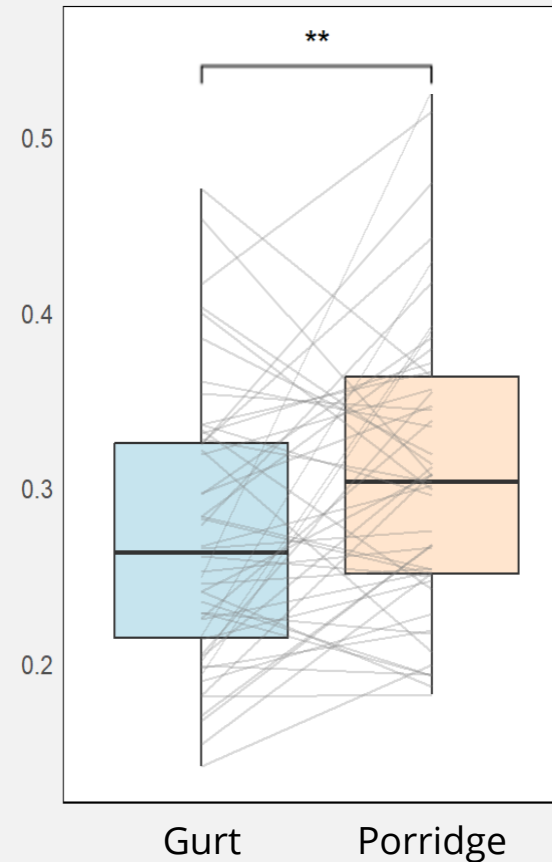
Fermented dairy intake



Diet had only **a modest effect** on overall microbe community structure.

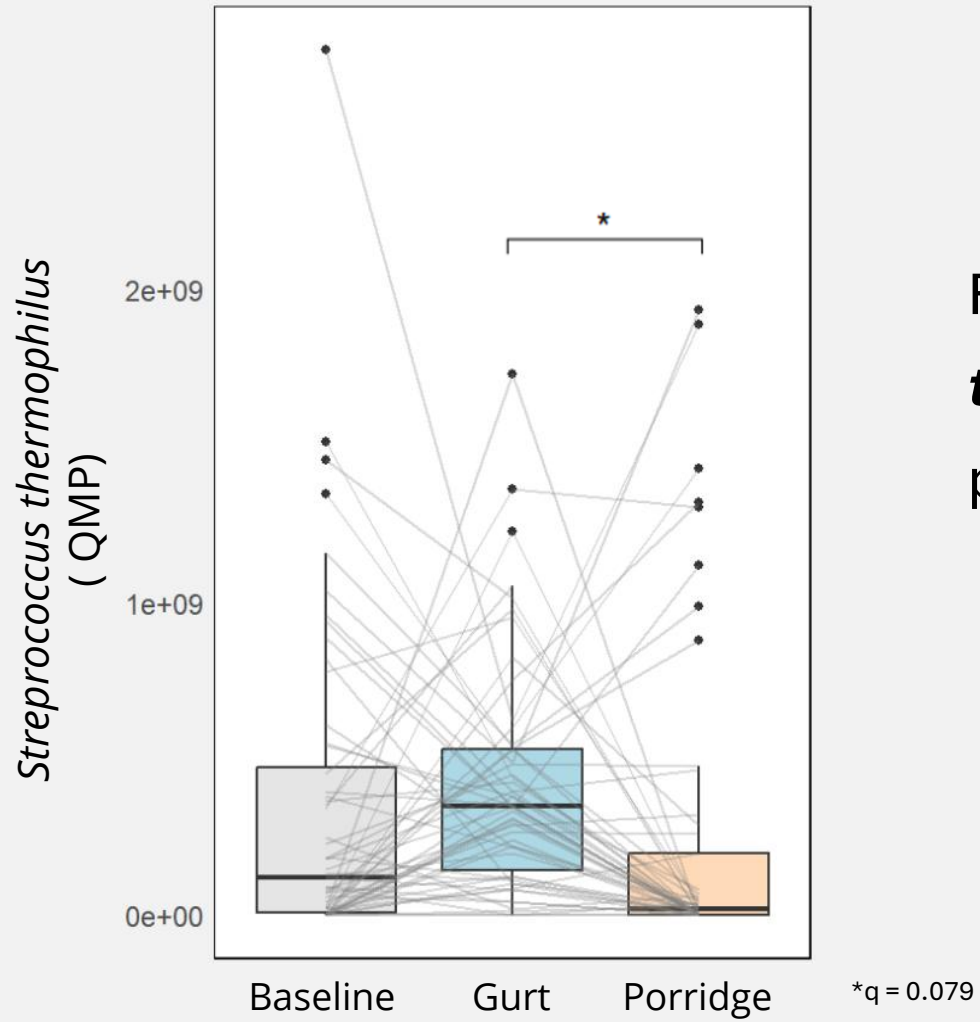


Bray-Curtis dissimilarity
to baseline



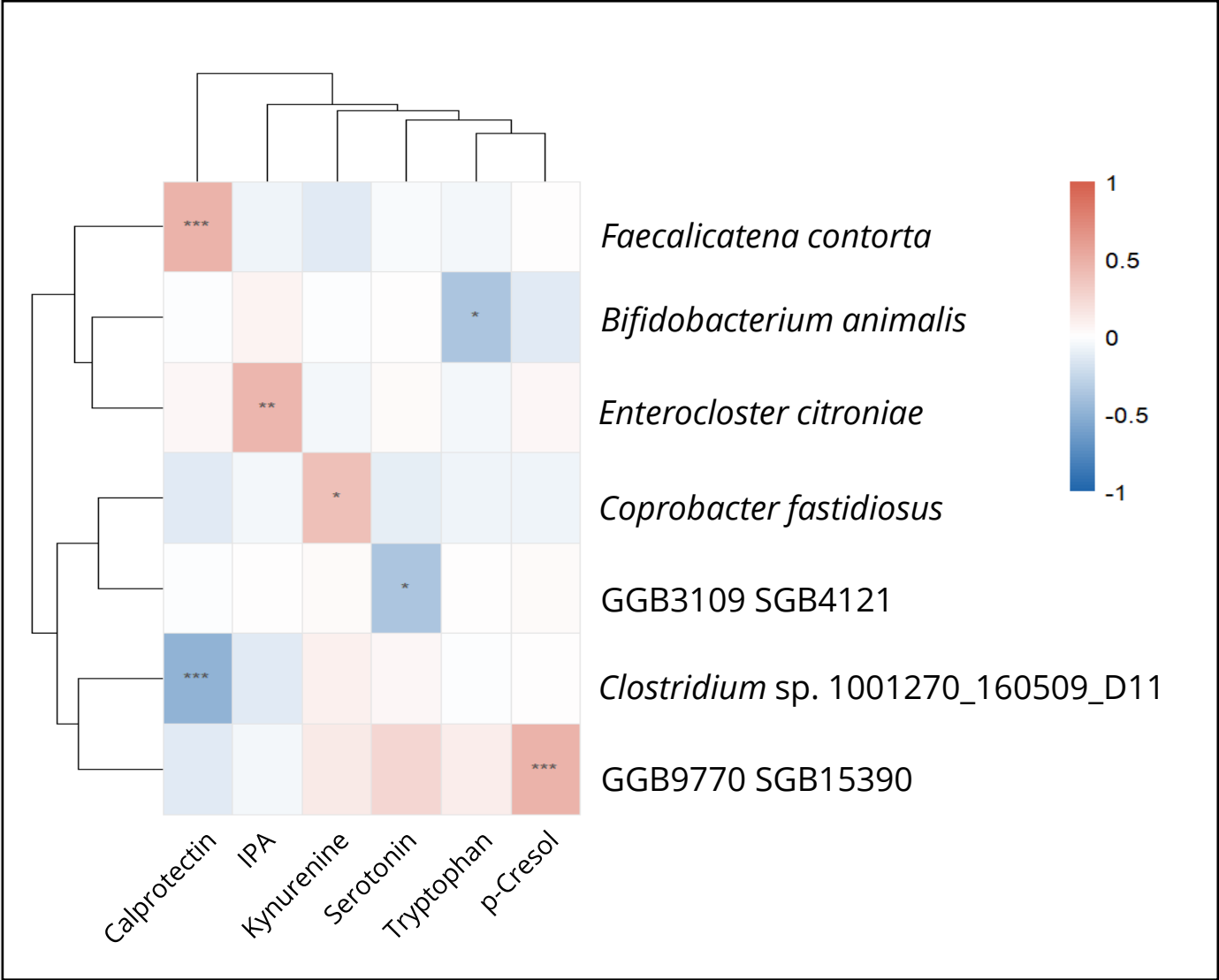
Compared with porridge, gurt consumption resulted in **smaller compositional shift** from baseline.

** $p < 0.01$



Fermentation-associated species ***Streptococcus thermophilus*** tended to be more abundant and more prevalent after gurt consumption than after porridge.

Gut-derived plasma metabolites were associated with specific taxa across the intervention.



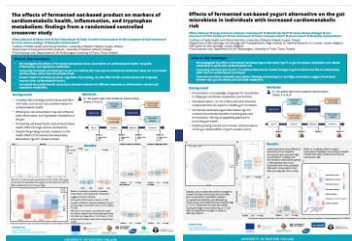
From gut microbial responses towards health outcomes

Let's contact!

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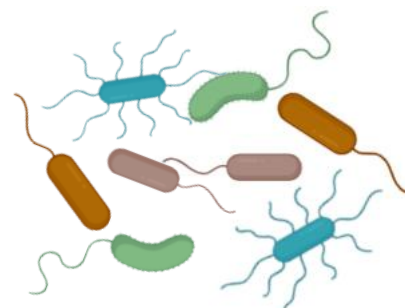
... or check my posters



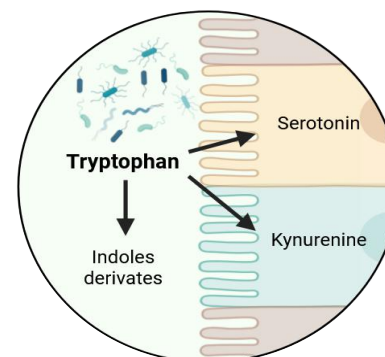
**Fermented oat-based
"gurts"**

Modest changes

Subtle differences from
nonfermented counterpart



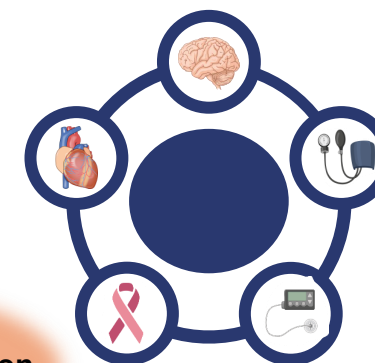
Gut microbiota



**Gut-related
metabolites**

Associations

Inflammation



Gut-Brain Axis

