



GUT HEALTH

A Journey Inside

It's time to register for Dairy Farmers of Canada's annual Symposium on Nutrition and Health! This year's symposium is exploring the connection between nutrition and Gut Health. Topics include the role of the gut microbiota, the FODMAP diet and lactose intolerance.

The symposium will help participants to:

- Appreciate the role of the gut microbiota in health
- Understand when and how to apply the FODMAP diet
- Gain new knowledge related to yogurt and cardiometabolic health and implications of the gut microbiota
- Better understand lactose intolerance and the recommended strategies for its management

This is a great opportunity to learn more about these topics and how you may be able to help your clients to address them.

Where and when:

- **Vancouver on October 29**
- **Montreal on October 31 (also offered via webcast in French)**
- **Moncton on November 1 (also offered via webcast in English)**

For more information, visit our [website](#).

Organized in collaboration with



Canadian Nutrition Society
Société canadienne de nutrition



Canadian Digestive Health Foundation