

New Study in Mice Shows Weight Gain Depends on Gut Bacteria and Fungi

A new study published in *Communications Biology* has shown how mice with different gut microbiomes gain weight when eating processed food. Researchers examined how fungi in the gut microbiome changed the host's metabolic reaction to refined and processed foods. The study used genetically identical mice with different fungal microbiomes. Researchers then fed mice regular mouse food, or processed food similar to that of an average American diet for six weeks.

The research showed that eating processed foods made most mice gain weight, but how much, and how their metabolism changed depended on the microbiome of the mice.

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*We found that mice whose gut microbiomes contained more of the fungi *Thermomyces* – which manufacturers use to break down fat in commercial processes – and less *Saccharomyces* – yeasts used in baking and brewing – gained about 15% more weight than the mice with different microbiomes. We found similar but smaller differences in mice on a normal diet.*

Fungal microbiome: Whether mice get fatter or thinner depends on the fungi that live in their gut

Similar findings have been found true for humans as well. Research has shown that the average American has to work out more and eat less to maintain the same weight as 20-30 years ago.