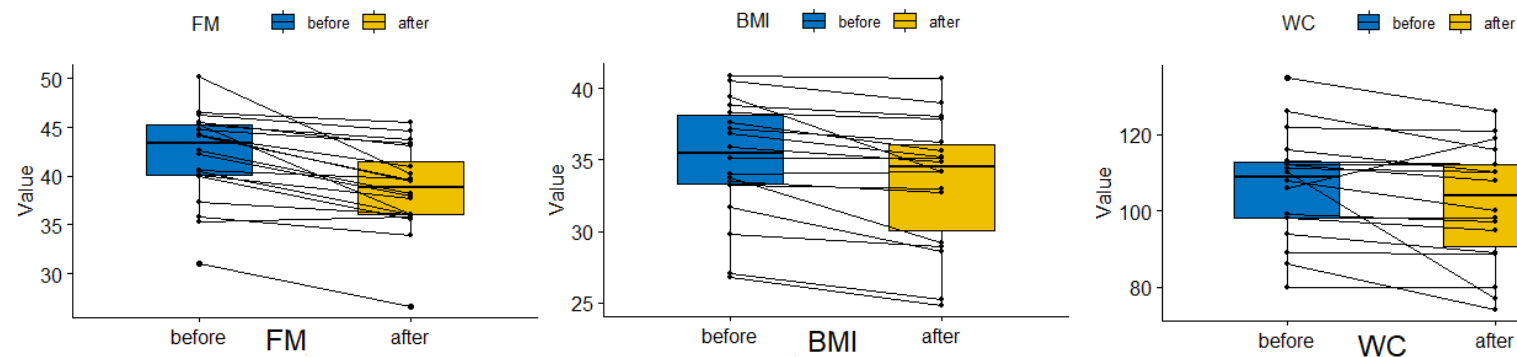


A hypocaloric Mediterranean diet promoted weight-loss and counteracted the gut dysbiosis in obese and overweight patients

Twenty-three obese and overweight patients (OB) followed a nutritional intervention (NI) based on a moderate hypocaloric Mediterranean diet for a period of three months

After the NI:

- OB patients presented a statistically significant decrease in Fat-mass (FM, p-value=0.0002), Body Mass Index (BMI, p-value=0.001), and Waist Circumference (WC, p-value=0.040);



- The comparison with NW demonstrated the reversion of some of the microbial signatures previously identified, in particular among the taxa belonging to the phyla Firmicutes and Bacteroidetes.

- The gut microbiota (GM) of OB did not longer segregate from that of normal-weight controls (NW) (p-value=0.002 at baseline and 0.122 after the NI):

