Research Areas

- **Dietary fiber**: assessment of physiological effect of manufactured fibers, evaluation of fiber intake in Hawaiian and Pacific Islander diets, is fermentation of fiber necessary for human health, preferred fibers based on gut microbiota
- **Prebiotics**: physiological relevance of prebiotics in the human gut
- **Gut microbiota**: influence of race/ethnicity on individual microbial community, role of diet in determining microbial population in the human gut, links between gut microbiota and incidence of chronic disease (Ex: colorectal cancer, inflammatory bowel diseases), determination of an optimal gut microbiota for prevention of chronic disease
- **Probiotics**: Can consumption of probiotics be combined with dietary fibers for optimal gut health

Selected Recent Publications