

Tufts

MAGAZINE OF THE GERALD J. AND DOROTHY R.
FRIEDMAN SCHOOL OF NUTRITION SCIENCE AND POLICY
AND THE JEAN MAYER USDA HUMAN NUTRITION
RESEARCH CENTER ON AGING
SUMMER 2013 VOL. 14 NO. 2

NUTRITION

THE Microbiome

Meet the trillions
of tiny allies that
call your body home

PLUS: MULTIVITAMIN Q & A • WALKABLE TOWNS • IS GLUTEN-FREE FOR ME?

A woman with brown hair tied back, wearing a bright pink athletic t-shirt, is shown in profile from the chest up. She is looking towards the right of the frame. The background consists of out-of-focus green trees and a large, dark tree trunk on the right side. The lighting is natural, suggesting an outdoor setting during the day.

BODY WORK

If there is a magic bullet to weight loss, Associate Professor Jennifer Satchek, N01, thinks it is exercise. “It changes your infrastructure, your machinery and your metabolism,” making it easier to lose pounds, she writes in a new packed-with-useful-science diet book, *Thinner This Year*. That doesn’t mean you have to be a competitive rower like she is, but it does mean a commitment to exercising six days a week, for life. For more of her advice, turn to page 8.