Index

ABP-118 371, 374
acetate and prebiotics 255–256, 258
acid tolerance 120
acidophilus milk 26, 27, 28, 69
    sweet 72
Actimel (Danone) 73, 182, 183, 186
actinobacteria 45
Activia (Danone) 73, 182, 183
additives to fermented products 80–85
    see also supplements
adults, gut microbiota 3, 6
advertising of health claims
    Canada 190, 191
    EU 179
    on labels see labelling
    USA 188
age and gut microbiota 3
agricultural industry 32
Akkawi cheese 105
alcoholic fatty liver disease 318
alginate gels 122
alimentary tract see gut
allergic diseases 310–312
allochthonous micro-organisms 5
American Official Association of Chemists (AOAC)
    galacto-oligosaccharides quantitation 269
    inulin-type fructan quantitation 262–264
amino acid fermentation (gut) 6, 254
amplified fragment length polymorphisms 229
amplified ribosomal DNA restriction analysis 230
analytic power in enumeration and
    identification with starter cultures 208
animal industry, antibiotics 32
animal studies in health claims
    China 195
    poor translation to human clinical studies 390–391
antibiotics 8, 9
    animal industry 32
    diarrhoea associated with (AAD) 9, 32,
    304, 305
    children 307
    resistance (AR) 7, 8, 9
    lactic acid bacteria and
        Bifidobacterium 47–51
    urinary tract infections 313, 314
    antihypertensive (blood pressure lowering)
        effects 316–317
    antimicrobials (microbially-produced) 369
        bacteriocins as 368, 369
        Lactobacillus 372–375
AOAC see American Official Association of Chemists
API 50 CHL 209, 211–212
appetite (satiety) and prebiotics 256–258, 266
    arka 18
Articles (EU Regulations), Regulations,
    health claims
    Article 13.1 179–181
    Article 13.5 181
    Article 14 181–182
ascorbic acid 124
asthma 312
atopic dermatitis 259, 310–312
autistic spectrum disorder 321–322
autochthonous micro-organisms 5, 97
Ayran 84

babies see infants; neonates
Bacillus cereus 46, 79, 106, 372
bacteria (probiotic)
classification see classification and
taxonomy
genomic characterisation 37–65
lactic acid see lactic acid bacteria
starter cultures see starter cultures
strains see strains
viability see viability
bacterial vaginosis (BV) 297, 313, 314
bacteriocins 49, 54, 101, 102, 294, 368–376
class I 369–370
class II 370–371
class III 371–372
production 369
Bacteroides 4, 5, 10
Beerman, P. 27
Bernard, Claude 19
beverages see drinks and beverages
Beyaz cheese 104
Bienstock, E. 21
Bifid Triple Viable (BIFICO) 300
Bifidin I 374, 375
Bifidobacterium 4, 10
bacteriocins 374, 376
in Canadian Guide to Food Labelling and
Advertising 191
cheesemaking 98
exopolysaccharide production 364, 367
genomic characterisation 39, 45
applications 47–56
inulin-type fructan effects 265
in necrotising enterocolitis 308
strain Essensi or Digestivum 182
unravelling of properties 51–56
vitamin production
folate 360–361
vitamin B12 362
Bifidobacterium animalis subsp. lactis
BB-12 69, 75, 77, 78, 80, 81, 82, 83, 84, 85,
87, 89, 92, 96, 99, 100, 101, 103, 105,
106, 108, 110, 112, 113, 114, 116, 117,
182, 217, 223, 301, 304, 306, 309, 315,
316, 317, 318, 374, 375–376
BL-04 79
Bifidobacterium bifidum BB-12 (presumed to
be Bif. animalis subsp. lactis
BB-12) 69, 116, 117, 301, 309, 315,
316, 374, 375–376
dried probiotic dairy products 112, 114
fermented milks and beverages 75, 76, 77,
84, 85, 87, 88, 89, 92
Bifidobacterium bifidum BB-536 (presumed
to be Bif. animalis subsp. longum
BB-536) 77, 82, 97, 114, 171, 176,
312, 318
Bifidobacterium infantis (presumed to be
Bifidobacterium longum subsp.
infantis) 72, 360
Bifidobacterium lactis
dN-173010 183, 302
GCL 2505 176
Bifidobacterium longum
ATCC 15707 105, 106, 112
presumed to be Bifidobacterium longum
subsp. longum
ATCC 15708 72
inflammatory bowel disease and 267
bifidocin B 371, 374, 375, 376
bifilact BB-12 374, 376
bifilong BB-46 374, 375, 376
bile acids and cancer 6, 272, 295
bile salts 294
bile tolerance 120
Billroth, C.T. 20
Bimuno 270
bio’ yoghurt flavour 70
BIOLIGO GL 5700 IMF GOS 270
Biolog system 212–213
BIO-THREE 299
bladder cancer 319
blended starter cultures see mixed/blended
starter cultures
blood pressure lowering effects 316–317
Blue vein cheese 110
Bouchard, C.J. 20, 21
bowel see intestine
bowel habit in irritable bowel syndrome 302
BRA sweet milk 72
brain (CNS)–gut axis 7, 392
probiotics and 296–297
trials 320–321
see also encephalopathy
breast cancer 319
breastfeeding 2–3, 267, 271, 308
brined cheeses 103–105
buffalo (milk) products 18, 78, 84, 86
Bulgarian yoghurt 20, 79, 165, 171
Burke, Arthur 28
butter milk, cultured 76
butyrate and prebiotics 255–256, 260
Caciotta 103
calcium and prebiotics 256, 266, 276
Canada, regulations and legislation 189–191, 201
cancer (malignant tumours) 295, 318–319, 367
 bile acids and 6, 272, 295
colorectal 259–260, 267, 295, 318–319, 367
 exopolysaccharides and 367
 extra-intestinal 319
candidiasis, vulvovaginal (VVC) 313, 314
Canestrato Pugliese 100
Cannon, P.R. 27
Caolho 103
capsules see encapsulation/microencapsulation
Carasso, Isaac 28–29
carbohydrates
 fermentation
 in bacterial enumeration and identification 211–212
 gut 6, 254
 metabolism (in general) in colon 295
 prebiotics as 254
 carbonated fermented milk products 86, 91
cattle, *E. coli* O157:H7 32
CD4+ T cell counts in HIV disease 319, 320
cell viability/vitality see viability
central nervous system see brain
cereal desserts and puddings, milk- and water-based 116
Cheddar cheese 100–102
cheese(s) 74, 95–110
 cheese-based tomato spread 117
 hard and very hard 99–102
 method of introduction of probiotics in 95–96
 semi-hard 102–103
 soft 105–108
chicory 261, 263, 264
children
 allergic rhinitis 312
asthma 312
 atopic dermatitis 259, 310–312
autistic spectrum disorder 321–322
 gastrointestinal tract/gut
 conditions 306–308
 microbiota 3
 upper respiratory tract infections (URTI) 309
see also infants; neonates
China
 infant formula 114
 regulations and legislation 191–196, 196, 197, 200, 201
chocolate mousses 116
cholesterol (lipid)-lowering effects 294–295
exopolysaccharides 367–368
inulin-type fructans 266
probiotics 294–295
 in type2 diabetes 315
chronic fatigue syndrome 320
classification and taxonomy (probiotic bacteria) 40–46
lactic acid bacteria 40–46, 207–208
*Clostridium* 4
*Clostridium difficile* infection (CDI) or diarrhoea (CDAD) 9, 10, 32, 92, 304, 305
children 307
clustered regularly interspaced short palindromic repeats (CRISPR) 37, 233
cobalamin (vitamin B12) 362–363
Codex Alimentarius Commission (CAC) 196–200
Cohendy, M. 21, 24
colic, infantile 308
colitis see necrotising enterocolitis; ulcerative colitis
colon see large intestine
colonisation (of niches) 52–53
gut 3, 5, 32, 33
 assessment 232
 resistance 6, 294
colorectal cancer 259–260, 267, 295, 318–319, 367
commercial production see production
comparative genomics 40–45
competence, natural, *Str. thermophilus* 55–56
competition (in niches), strategies 52–53
complementary DNA (cDNA)
 microarrays 235–236
 reverse transcription 221
concentrated fermented milk products 89–90
by country of origin 74
yoghurt 72, 84, 85

constipation 261, 262, 303–304
historical studies 26, 27, 30
Consumer Affairs Agency (CAA) 169, 170, 171, 172, 175
containers, viability effects 120–121
coronary heart disease 186, 187, 360
cottage cheese 106
country of origin of products 73–74
cow’s milk 77
beverage made with wheat extract and 85–86
cheeses 104, 108
infant allergy 272
cream
cultured 115
fermentation 96
whipped 115
cream cheese 109–110
CRISPR (clustered regularly interspaced short palindromic repeats) 37, 233
Crohn’s disease 259, 267, 297, 298–299
culture(s)
culture-dependent methods of enumeration and identification 208
starter see starter cultures
cultured buttermilk 76
cultured cream 115
Cup Oligo H-70 270
Cup Oligo P 270
cysteine (as additive) 81, 119, 124–125
DanActive 188
Dannon Company 188
Danone
Actimel 73, 182, 183, 186
Activia 73, 182, 183
de Man, Rogosa and Sharpe (MRS) agar 210
definitions
prebiotics 254
probiotics and probiotic foods 67, 167, 190, 200, 201
denaturing gradient gel electrophoresis 224–226
dermatitis, atopic 259, 310–312
desserts and puddings 116–117
cereal, milk- and water-based 116
frozen 111
diabetes mellitus (DM) 266
gestational 316
type 2 DM 315–316
diarrhoea (and diarrhoeal disease) 304–305
antibiotic-associated see antibiotics
diarrhoea-predominant irritable bowel syndrome 302
historical studies 27, 30, 32
paediatric 306–307
travellers’ 259
diet see nutrition and diet
Dietary Supplement Health Education Act (DSHEA – USA) 184, 186
differential plating (plate counts) 208–211, 216, 217, 218, 223, 237
digestive tract see gut
disease (in general)
claims of treatment and reduction
Codex Alimentarius 198
FOSHU (Japan) 171
germ theory (Pasteur’s) 19
see also health; infections
disinfection of intestines 21–22
DNA
banding patterns 224–230
complementary see complementary DNA microarrays 235
ribosomal see ribosomal DNA sequencing see sequencing
Döderlein, A. 20
Domati cheese 105
Dough (Doogh) 84, 85
dose, minimum therapeutic 67
Dough (Doogh) 84, 85
dried products 112–115
spray see spray-dried products
drinks and beverages (of fermented milk) 84–89
country of origin 73–74
long shelf-life 115–116
yoghurts 72, 84, 85
Dutch-type cheeses 103
ear infections, middle (otitis media) 309
economic value 72
functional foods in China 196
elderly (and old age)
gut microbiota 3, 8
diet and 8–9
immune function 266–267
prebiotic ingredients 266–267, 271, 276
urinary tract infections 309–310
emmental 102
capsulation/microencapsulation techniques 122
cheese 85, 92, 96, 98, 99, 104, 105, 108
colorectal cancer 318–319
ice cream 111
encephalopathy, hepatic (HE) 317–318
energy metabolism
prebiotics and 256–258
sugar fermentation and 53
enteric and central nervous system, communication between 7
see also brain–gut axis
Enterobacteriaceae 4
enterocin 371
Enterococcus 10, 46
in silico safety assessment 49–50
starter cultures 71
 genetic methods of quantification 224–225
Enterococcus faecium, genome analysis 46, 48, 49, 50
enterocolitis, necrotising 307–308
enterotypes 4
enzymes, gut 294–295
epifluorescence microscopy 217, 236
Escherich, T. 20
Escherichia coli
0157:H7 and cattle 32
Nissle 1917 29, 166, 298, 300, 301, 302, 318
ethidium monoazide-PCR 223–224
Eubacterium 4, 260
Europe, historical perspectives 28–29
European Union (EU) 176–183, 389–391
market 177, 178, 182, 183, 201, 391
regulations and legislation 176–183, 200, 201, 389–391, 393
European Food Standard Authority (EFSA) 50, 180, 181, 389, 391, 393
evolution, genome 37, 40, 232, 234
exopolysaccharides 364–368
 classification 365
health benefits 365–368
external environment in contact with GI tract 7, 7
faeces (stools)
bulking 261, 262
genotoxicity of faecal water 260
see also bowel habit; constipation; diarrhoea
FAO see Food and Agriculture Organisation of the United Nations and World Health Organisation
farming industry 32
fat-based products 115
fatty acids
free, receptors 257–258
short-chain (SCFA) 254, 255–256, 258, 260, 261, 294, 300, 304
fatty liver disease, non-alcoholic (NAFLD) 295, 317
Federal Trade Commission (FTC) 187–189
females (women), prebiotic effects 256, 266, 276
fermentation
carbohydrate see carbohydrate in gut 5–6, 254–255
proteolytic see protein fermentation
lactose, microbes associated with 69
in manufacture
cream 96
lactic acid see lactic acid fermentation
medium composition 118–119
two-stage 97, 121–122
of vitamin B12 362
fermented milk see milk
Feta-type cheese 105
foetus and gut microbiota 3
Finland 76, 391
attention-deficit hyperactivity disorder and Asperger syndrome 320–321
skyr 90
Fior di Latte 108
Firmicutes, genomic characterisation 41–45
flavour of fermented products 70
yoghurts 80
Floraïd® GOS (powder and syrup) 270
flow cytometry (FC) 217–218
and fluorescence in situ hybridisation (FISH) 236, 237
fluorescence dye-based methods of bacterial enumeration and identification 216–218
in situ hybridisation 236–237
foetus and gut microbiota 3
folate (vitamin B9) 360–362, 363
food(s)
functional see functional foods
labelling; see labelling
plant, inulin-rich 261, 263
safety see safety
see also nutrition and diet
Food and Agriculture Organisation of the United Nations and World Health Organisation (FAO/WHO)

Codex Alimentarius 196–200
definition of probiotics 167, 200, 201
on health and nutritional properties of probiotics in food 190

Food and Drug Administration
China (CFDA) 192, 194, 195, 196
US (FDA) 183–189

Food and Drug Administration Modernisation Act (FDAMA – USA 1997)
185, 187

Food Directorate of Health Canada (FDHC) 189

Food Hygiene Law (China – 1995) 193

food industry
galactooligosaccharides 269
genome analyses 38
inulin-type fructans 264–265

Food Safety Law (China – 2009) 193

Food Standard Authority, European (EFSA) 50, 180, 181, 389, 391, 393

Foods for Special Dietary Use (FDA USA) 184

Foods for Specified Health Use (FOSHU Japan) 168, 169, 170, 171–176, 201, 269
formula feeds for infants 2, 3, 113–114, 269, 271–272, 273–275, 309
FOSHU (Foods for Specified Health Use) 168, 169, 170, 171–176, 201, 269

Fourier transform infrared
spectroscopy 213–215

Fracastoro, Girolamo 18

free fatty acid receptors 258–259
freeze drying 112
ice cream 111
French onion cheese-base dip 109
fresh soft cheese 105–106
Frost, W.D. 28
frozen desserts 111
frozen yoghurt 111, 122, 184
fructans, inulin-type see inulin
in food industry 264–265
health benefits 265–267
colorectal cancer 260
with GOS 271, 272, 273, 274
inflammatory bowel disease and 259
travellers’ diarrhoea and 259
mineral absorption and 259
physical and chemical properties 264–265
production 264
structure 263
functional characteristics of probiotic bacteria, vitamin production as 359

functional foods (foods with functional claims)
Canada 189–191
China 191–196
EU 179–181
Japan 168–176
USA 183–189

future perspectives 389–394
health claims and scientific evidence 200–201
production/manufacture 125–126
target areas in research 393

GABA (gamma-aminobutyric acid) 295
galacto-oligosaccharides (GOS) 254, 267–276
colon motility and faecal bulking and 262, 263
in food industry 269
health benefits 272–276, 277–278
mineral absorption and 256, 272–273
prebiotic effects 269–271
production and determination 269
structure 268
β-galactosidase 100, 118, 269, 295
gamma-aminobutyric acid (GABA) 295
Gardnerella 45, 375
Gasching, P. 21
gassericins 371, 372, 373
gastric see stomach
gastroenteritis, acute 258–259, 306
gastrointestinal tract see gut
Gefilus 73, 76
gel electrophoresis
denaturing gradient 224–226
pulsed-field 228–229
gelatin for microencapsulation 122
gene(s), sequencing of specific genes 231
General Agreement on Tariffs and Trade (GATT) 197
genetic methods of bacterial enumeration and identification 219–237
genetic profiling 232
genetically modified organisms 178
EU and 178
folate 361
riboflavin 363
genitourinary tract see urogenital tract
genome(s)
  sequencing see sequencing
  starter cultures and probiotic bacteria,
    characterisation 37–65
genotoxicity of faecal water 260
Geotrichum candidum 46, 68, 93
germin theory of disease (Pasteur’s) 19
gestational diabetes mellitus 316
ghrelin 257
girls, mineral absorption and prebiotics
  266, 276
Glico BifiX breakfast fermented milk drink
  and yoghurt 176
glucagon-like peptide-1 (GLP-1) 257, 258, 294
glucose-based non-digestible carbohydrates 276
glucose oxidase 81, 107
glucuronidation 260
goat’s milk yoghurt 77, 79, 114
GOLD database 38
Gouda-type cheeses 103
Greek and Greek-style yoghurt 74, 89
Griffith, I. 27
Grigoroff, S. 20, 165
Gums (vegetable)
  for encapsulation 122
  gum acacia in spray drying and storage 113
gut (alimentary/gastrointestinal tract) 1–15
  barrier function/permeability 260–261
    impaired (leaky) 260–261, 296
  brain and see brain–gut axis
colonisation see colonisation
disorders 297–310
  infectious see subheading below
  prebiotic effects 258–259, 267
enzymes 294–295
external environment in contact with 7, 8
FOSHU approval and health of 175
health see health
hormones see hormones
infections
  paediatric 306–308
  prebiotic effects 258–259
kidney and 279
microbiota see microbiome; microbiota
  see also large intestine; small intestine;
stomach
GutProbe 235–236
haem 53, 54, 55
hard cheeses 99–102
health (host/human)
  benefits
    claims to, see subheading below
    exopolysaccharides 365–368
  claims to benefits for 67
  animal studies see animal studies
    Canada 189–191
    cheese 98
  China 194, 195
  Codex Alimentarius 198–200
  EU 176, 178–182
  future prospects 200–201
  historical perspectives 29, 166–167
  Japan 168, 169, 170, 171
  labels and see labelling
    USA 183–189
gut/intestinal
  exopolysaccharides and 366
  FOSHU approval and health of 175
  microbiota and 7, 279
  see also disease
Health Canada (HC) 189–190
heart
  coronary disease 186, 187, 360
  gut–heart axis 279
helveticins 372, 373
hemicellulose hydrolysis in xylo-
  oligosaccharide synthesis 279
hepatic disease see liver disease
heteropolysaccharides 365
high-performance anion exchange
  chromatography with pulsed
  amperometric
detection (HPAEC-PAD)
galacto-oligosaccharide 269
inulin-type fructans 274
high-pressure liquid chromatography
  (HPLC), inulin-type fructans 262
high-throughput (next-generation) DNA
  sequencing 3, 224, 233, 234
Hirschler, A. 20
historical perspectives 17–30
health benefit claims 29, 166–167
HIV see human immunodeficiency virus
homopolysaccharides 365
horizontal gene transfer (HGT) 37, 41, 45, 47, 51
hormones, gut 294, 297
prebiotics and 257
human immunodeficiency virus (HIV) 319–320
immune disorders 319–320
infants (of HIV‐positive mothers) and galacto‐oligosaccharides 271–272
hybridisation, probe 235–237
5‐hydroxytryptamine (serotonin) 279

ice‐cream 111–112
Iceland and Skyr 74, 90–91, 126
ileal reservoir inflammation 301–302
immune system 295–296, 319
elderly 266–267
exopolysaccharides and 366–367
HIV and 319–320
prebiotic effects 258–259
in silico safety assessment of lactic acid bacteria and Bifidobacterium 47–51

in situ hybridisation, fluorescence (FISH) 236–237

industrial production see production
infants
delivery 2, 3, 271
feeding/nutrition 2–3, 267
breastfeeding 2–3, 267, 271, 308
formula 2, 3, 113–114, 269, 271–272, 273–275, 309
historical studies 20
newborn see neonates
infections
extra‐intestinal 309–310
urogenital 297, 313–314
gut see gut
prevention/reduced susceptibility 6 exopolysaccharides and 366
inflammatory bowel disease 10, 259, 267, 297–301
infrared spectroscopy, Fourier transform 213–215
inoculation rates 121
internally transcribed spacers (ITS) 232–233
international trade agreements 197–198
intestine/bowel
disinfection 21–22
health see health
large see large intestine
microbiota 4, 6, 31, 255
diet and 8

inulin (and inulin‐type fructans) 81, 82, 83, 261–267
beverages 84
chemical structure 263
colorectal cancer and 260
determination 262–264
in food industry 264–265
health benefits 265–267
ice‐cream 113
physical and chemical properties 264–265
prebiotic effects 265
production 264
ionisation–time‐of‐flight, mass matrix‐assisted laser desorption 215–216, 237
Iranian white brined cheese 104–105
Irish markets 182, 183
irritable bowel syndrome 301–302

James, L.H. 28
Japan 168–176
FOSHU (Foods for Specified Health Use) 168, 169, 170, 171–176, 201, 269
historical perspectives 29–32
regulations and legislation 168–176, 200
viability studies 118

Kalari 107–108
Kasar cheese 108
Kefir 18, 29, 73, 91–92, 224
denaturing gradient gel electrophoresis 225, 226
kidney–gut axis 279
Kopeloff, Nicholas 27–28
Kouniss 18, 93
Kradi 107–108

L‐cells (gut) 257, 258
labelling 126
Canada 189, 190, 191
China 192, 193, 194
Codex Alimentarius 198–200
EU 176, 178, 179, 182, 183
Japan 169, 170, 171, 172, 173
USA 183, 184–187, 188
Labneh 89
lactacin B 372
lactacin F 371, 372, 374
lactic acid bacteria (LAB)
bacteriocins see bacteriocins
exopolysaccharide production 166, 364, 365
genome analysis 37–65
applications 47–56
mesophilic see mesophilic lactic acid bacteria
starter cultures see starter cultures
thermophilic see thermophilic lactic acid bacteria
unravelling of properties 51–56
lactic acid fermentations 76–90
mesophilic 76
mould and 93
thermophilic 76, 77–84
yeast and 90–93
lactobacilli selective agar (LBS) agar 210

*Lactobacillus* 10
bacteriocins 368, 369, 371
antimicrobial properties 372–375
in Canadian Guide to Food Labelling and Advertising 191
cheesemaking 98
culture media 210
exopolysaccharide production 364, 367
folate production 361
genomic characterisation 39, 43–45
pili-like structures 52–53
strain selection with yoghurt 80
T cells and 296, 319, 320
*Lactobacillus acidophilus* 73, 74
antimicrobial potential 372, 373, 375
atopic dermatitis 1nd 312
cheese 99–110
fat-based products 115
fermented probiotic milks and beverages 75–94
thermophilic 76, 78, 80
historical aspects 21, 25, 26, 27, 28
ice cream 111–112
starter cultures 69, 70
unfermented probiotic milk 72, 75
viability 118, 120, 124
see also acidophilus milk

*Lactobacillus bulgaricus* (incl. *Lb. bulgaricus* presumed to be *Lb. delbrueckii* subsp. *bulgaricus*) 20, 38, 44, 79, 100, 166
cheese 100
commercial starter culture blends 69
genomic characteristics 38, 39, 44, 55
historical aspects 20, 21, 24, 25, 26, 27, 28, 29
inoculation rate 121
nutrient supplementation and 122, 122–123
Pasta Filata cheeses 108
in starter cultures 70
viability 118, 119, 120
*Lactobacillus casei* 183
Danone 183
Immunitas 73, 182
Shirota 30, 31, 71, 183, 188, 309, 310, 316, 318, 319, 320
Zhang 79, 93, 107
*Lactobacillus delbrueckii* subsp. *bulgaricus*, *Lb. bulgaricus* presumed to be see *Lactobacillus bulgaricus*
*Lactobacillus gasseri* SP 176
*Lactobacillus johnsonii* LA-1
antimicrobial potential 375
Crohn’s disease and 298
*Lactobacillus lactis* subsp. *lactis*
bacteriocins 370, 373, 376
colonisation and niche-competition strategies 53
folate synthesis 361
starter cultures 42
*Lactobacillus* LB 81 171
*Lactobacillus paracasei* subsp. *tolerans* AC-DC 4037 79
*Lactobacillus plantarum* AC-DC 146 79
*Lactobacillus reuteri* CRL1098, vitamin B<sub>12</sub> production 362
*Lactobacillus reuteri* RC-14 79, 313, 314, 319
*Lactobacillus rhamnosus*
GG 52, 53, 91, 93
atopic dermatitis 310, 311
autistic spectrum disorder 321
cheese 96, 98, 106
claims for health benefits 171
Crohn’s disease and 298
diarrhoea and 304, 305, 306–307
fermented milk 73, 76, 77
infections (extra-intestinal) 309
Lactobacillus rhamnosus (cont’d)
irritable bowel syndrome and 302
liver disease 317
milk- and water-based cereal
puddings 116
pouchitis and 301
regulations and legislation 177
GR-1 74, 79, 313, 314, 319
LB-A 79
LR-35 78, 124
Lactobacillus sakei presumed to be
Lacobacillus sakei subsp. sakei 370,
372, 373
Lactobacillus salivarius 39, 44, 106, 300
subsp. salivarius UCC 118 371, 374
lactoicin S 370, 372, 373
lactoicin-705 370, 373
lactococci 371, 372, 376
Lactococcus 10
genomic characterisation 39, 41–43
Lactococcus lactis 373
exopolysaccharides and cholesterol-
lowering effects 367–368
folate biosynthesis 361
genomic characterisation 41, 42, 48
respiration 53–55
lactocyclicin Q 371, 373, 376
lactose
fermentation, microbes associated
with 69
galacto-oligosaccharide synthesis from 269
intolerance 295, 377
langfil 89–90
lantibiotics 369–370
large intestine (incl. colon)
cancer (colorectal cancer) 259–260, 267,
295, 318–319, 367
carbohydrate metabolism 295
microbiota 4, 6, 31, 255
motility 261, 262
prebiotic ingredients and 260–261
small-chain fatty acids 255
see also gut
law see regulations and legislation
Leben 18
Leeuwenhoek, Anton van 19
legislation and regulations 125–126, 165–206
Leuconostoc
culture media 210–211
folate production 361–362
genomic characterisation 43–45
Leuconostoc mesenteroides 374
bacteriocins 374
exopolysaccharides 367
genomic characterisation 50–51
riboflavin 363
LifeTopTM Straw 116
lipid metabolism
prebiotics and 258, 266
probiotics and 294–295
see also cholesterol lowering effects
liver disease 317–318
non-alcoholic fatty (NAFLD) 295, 317
LM17 culture medium 211
long shelf-life fermented milk drinks or
beverages 115–116
low-density lipoprotein (LDL) 258, 266, 272
type 2 diabetes 315
low-fat probiotic Cheddar 101–102
magnesium absorption and prebiotics 266
MALDI-TOF MS (matrix-assisted laser
desorption/ionisation–time-of-flight
mass spectrometry) 215–216, 237
malignant tumours see cancer
malt
extract 82, 86
saccharified 86
manufacture see production
market (for healthy food and
supplements) 201, 391
Canada 189
China 194–196, 201
EU 177, 178, 182, 183, 201, 391
USA 184, 201
yoghurt 182, 196, 391
Martelly, A. 21
mass spectrometry, matrix-assisted laser
desorption/ionisation–time-of-flight
215–216, 237
matrix-assisted laser desorption/ionisation–
time-of-flight mass
spectrometry 215–216, 237
Matsou (Matzun) 18, 89
Matt, M.P. I. 27
Matzun (matsu) 18, 89
mechanisms of action
prebiotics 254–261
probiotics 293–357
media (culture)
fermentations 118–119
selective (for plate counts) 210–211
Medicinal Foods (USA) 184
Megumi yoghurt drink 176
Meiji Milk Products 171
menaquinone 54, 55, 364
mesophilic lactic acid bacteria
  cheeses 93, 95, 99, 101, 106
  fermentations 76
metabolic diseases/disorders 296, 315
metabolism
  prebiotic effects on 255–258
  probiotic microbial, products 68–69
metagenomics 233–235
Metchnikoff, Ilya (Elie) 9, 20, 22–25, 25, 26, 28, 29, 31, 32, 165
microarrays 235–236
microbiome, gut 2, 294
  infant 271
microbiota (gut) 1–15
  functions 5–7
  influences on gut 7–9, 294–295
  gut health 7, 279
  Lb. acidophilus 27–28
  microarray studies 235–236
microencapsulation see encapsulation
micro-organisms, pathogenic see infections
micro-organisms, probiotic
  general aspects/characteristics 68–71
  in products/product-making
    by country of origin 73–74
    viability see viability
microsatellites 232
microscopy, fluorescence 216–217, 236
middle ear infections (otitis media) 309
Milbona ProViac Yogurt Drink 183
milk (human) 267, 271–272, 273, 274, 275
  breastfeeding 2–3, 267, 271, 308
milk (probiotic) 72–94
  fermented/sour 19, 75–94
  acidophilus 26, 27, 28, 69, 72
  beverages see drinks and beverages
  Codex standard 200
  concentrated see concentrated fermented
    milk products
  country of origin of various
    products 73–74
  history 17–18, 24
  quality appraisal 93–94
FOSHU products (Japan) 171
unfermented/non-fermented 72–75
  country of origin of various products 73
  nutrient supplementation 122–124
  powdered milk see powder
  skimmed milk see skimmed milk
Milk Takanashi Products 171
Minas frescal 107
mineral absorption and prebiotics 256, 266, 272–273
minimum therapeutic dose 67
mixed/blended starter cultures 207–251
  enumeration and identification 207–251
  examples 69–71
  viability factors 123–124
mood-affecting probiotics
  (psychobiotics) 296, 320, 392, 393
Morinaga bifidus yoghurt and PREMil 176
Morinaga Milk 171, 176
Moro, E. 35
motility
  colonic 261
  Lactobacillus 53
mould and lactic acid fermentations 93
mousses 116
mozzarella 108
MRS agar 210
MRS-V agar 210–211
Müller (Vitality) 182
multilocus sequence typing (MLST) 231–232
myalgic encephalomyelitis (chronic fatigue syndrome) 320
Nabulsi cheese 105
National Nutrition Surveys (Japan) 168
National People’s Congress (NPC) 192
natural transformation/competence, Str. thermophilus 55–56
necrotising enterocolitis 307–308
neonates (newborns)
  delivery method and 2
  gut/GI tract
    emergency conditions 307–308
  microbiota 2, 8
  see also infants
nervous system, enteric and central,
  communication between 7
newborn see neonates
next-generation (high-throughput) DNA sequencing 3, 224, 233, 234
niches
  colonisation see colonisation
  competition strategies 52–53
nisin 54, 221, 368, 370, 372, 376
Nissle, Alfred 29, 166
non-alcoholic fatty liver disease (NAFLD) 295, 317
non-alcoholic steatohepatitis 317
non-coding regions, sequencing 232–233
Nordic cultured buttermilk 76
Novel Foods Regulation 258/97 (EU, 1997) 177
nutrition and diet
  infant see infants
  intestinal microbiota and 8–9
  regulations and legislation
    Canada 189–191
    China 192
    EU 178–179
    Japan 168–172
    USA 183–189
  supplements see supplements
  see also food; special dietary use
Nutrition and Health Claims Regulation 1924/2006 (EU) 178, 182
Nutrition Improvement Law (Japan 1952) 168
Nutrition Labeling and Education Act (NLEA - USA 1990) 19=84 185
obesity (overweight) 314–317
  prebiotics 278
Oblea 117
Ocean Spray Probiotic Yoghurt 182
old age see elderly
OLIGOMATE® 55N 270
OLIGOMATE® 55NP 270
oligosaccharides 253–292
  in human milk 267, 271
  inulin-type fructans as 254
  see also fructo-oligosaccharides; galacto-oligosaccharides;
    xylooligosaccharides
omics (omic studies) 56, 234, 237
oral microbiota 3
Ortweiller, L. 20
otitis media 309
overweight see obesity
oxygen, viability affected by 119–120, 124
oxygen scavengers 124
oxyntomodulin 257
packaging containers, viability
  effects 120–121
paediatric conditions see children
Panela 106
pangenomics 234
Parmigiano reggiano 99–100, 227
Pasta Filata cheeses 108
Pasteur, Louis 19, 23, 31, 165
Pasteur Institute 19, 20, 21, 23, 24, 29, 165
Pategras 102–103
  patent rights 31, 54
  pathogenic microbes see infections
  Pecorino and Pecorino Siciliano 99
pediocins 371, 374, 376
Pediococcus
  bacteriocins (pediocins) 371, 374, 376
  culture media 210–211
peptide nucleic acid (PNA)–FISH
  probes 237
peptide YY (PPY) 257, 258
peroxide 118, 119, 121
petit-suisse cheese 106–107
pH and viability 121
phenotypic methods of enumeration and identification with starter cultures 208–218, 237
phytosterols 75, 78, 83
pig industry 32
Piimä 74, 76
pili-like structures and pilin 52
plant foods, inulin-rich 261, 263
plantaricins 370, 371, 372, 373
plate counts (differential plating) 208–211, 216, 217, 218, 223, 237
Poechl, A.W. 20
polymerase chain reaction (PCR) 219–224
  randomly amplified polymorphic
    DNA- 226–227
  real-time or quantitative 222–223
  repetitive genome element- 227
  reverse transcription 221–222
  use in other methods
    amplified ribosomal DNA restriction analysis 230
    multilocus sequence typing 231
    restriction fragment length polymorphisms 229, 230
polymorphisms
  restriction fragment length 229–230
  single-stranded conformation
    (SSCP) 227–228
polypeptide YY (PPY) 257, 258
polysaccharides, inulin-type fructans as 254
  see also exopolysaccharides
postmenopausal women, prebiotic
  effects 256, 266, 276
pouchitis 301–302
powder, milk
  skimmed (SMP) 75, 77, 78, 84, 117
  spray-dried 96
Prato cheese 103
prebiotics 253–292
  definition (criteria for classifying as) 253–254
  determination 262–264, 269
  exopolysaccharides as 365–366
  in food industry 264–265, 269
  ice cream 112
  mechanisms of action 254–261
  production 264, 269
preclinical animal models studies to human clinical studies, poor translation from 390–391
Prevotella 4
probe hybridisation 235–237
probiotics and probiotic foods,
  definitions 67, 167, 190, 200, 201
production and manufacture (industrial/commercial) 67–117
  country of origin 73–74
  future developments 125–126
  history 28–30
  vitamin B_{12} 362
ProPearls 116–117
propidium monoazide-PCR 223–224
propionate and prebiotics 255–256
Propionibacteria 98
  cheesemaking 98
  culture media 211
  exopolysaccharide production 364
  folate 362
  genomic characterisation 46
  identification and enumeration of starter cultures 211
  Vitamin B_{12} 362
protein fermentation (gut) 9, 123, 254–255
carcinogenesis and 260
ProViact Yogurt Drink (Milbone) 183
psychobiotics (mood-affecting probiotics) 296, 320, 392, 393
puddings see desserts and puddings
pulsed-field gel electrophoresis 228–229
Purimune™ BIOLIGO GL 5700 IMF GOS 270
Qualified FOSHU 170, 172, 173
quality appraisal of probiotic fermented milk 93–94
quantitative PCR 222–223
Ragusano 99
randomly amplified polymorphic DNA-PCR 226–227
Ras cheese 100, 109
real-time PCR 222–223
rectum see colorectal cancer; large intestine
regulations and legislation 125–126, 165–206
EU see European Union
repetitive elements (repeat sequences) clustered regularly interspaced short palindromic (CRISPR) 37, 233
PCR 227
sequencing 232–233
research
  future target areas 393
  overview of 327–357
  recent developments 392–393
resistant starch 276
respiration, lactic acid bacteria 53–55
respiratory tract infections, upper (URTI) 309, 309–310
restriction (enzyme) fragments
  fragment length polymorphisms 229–230
  in pulsed-field gel electrophoresis 228
ribosomal DNA restriction analysis 230
Rettger, Leo Fredrick 27, 33, 166
reverse transcription, polymerase chain reaction combined with 221–222
quantitative 223
rhinitis, allergic 312
riboflavin (vitamin B2) 363
ribosomal DNA (rDNA; rRNA genes) 230
  16S 212, 215, 220, 224, 230, 237
  32S 230
  amplified rDNA restriction analysis (ARDRA) 230
rRNA genes see ribosomal DNA
Rogosa (LBS) agar 210
Ruminococcus 4, 276
saccharified malt 86

*Saccharomyces cerevisiae* var. *boulardii* 9, 71

Crohn’s disease and 298
diarrhoeal diseases and 304–305
children 306–307, 307
HIV disease and 319
irritable bowel syndrome and 302
ulcerative colitis and 299

safety 166–167

food regulations and legislation
  China 193–194
  EU 176–177

*in silico* assessment of lactic acid bacteria and *Bifidobacterium* 47–51

St. Paulin 103

sakacins 371, 372, 373
salivaricins 371, 374, 376
Sameel milk 93
sanitary and phytosanitary (SPS) agreements 197–198

Sao Jorge 99–100

satiety (appetite) and prebiotics 256–258, 266

Scamorza 108

science (and claims or evidence for benefits of probiotic foods) 167
early studies 19, 165, 166
regulations and legislation
  Canada 189
  China 194, 195
  Codex Alimentarius 196, 197, 199–200, 200–201
  EU 180, 181
  Japan 172
  USA 185, 187, 188

semi-hard cheeses 102–103

Senator, H. 20

sensory profiling of cheeses 104

sequencing (genome/DNA) 40–46, 230–235
in bacterial enumeration and identification 230–235
methods 230–235
next-generation/high-throughput 3, 224, 233, 234

serotonin 279

Shirotia, Minoru 29–31, 166

*see also Lactobacillus casei* Shirotia

short-chain fatty acids (SCFA) 254, 255–256, 258, 260, 261, 294, 300, 304

short sequence repeats 232

Significant Scientific Agreement (SSA) 185, 186, 187

silter 102

single-stranded conformation polymorphism (SSCP) 227–228

skimmed milk
  drinking yoghurts made from 85
  powder (SMP) 75, 77, 78, 84, 117

skin disorders 259, 310–312

skyr (Skyr) 74, 90–91, 126

small intestine/bowel, microbiota 4

sodium lactate agar 211

soft cheeses 105–108

Solukha, I.P. 21

sortase 52–53

sour milk *see* milk

special dietary use (foods for)
  Codex Alimentarius 198, 199
  Japan 168, 169
  USA 184

spectroscopy 213–216

spray-dried products 112–113
  milk powder 96

spread, cheese-based tomato spread 117

starch, resistant 276

starter cultures (of probiotic and lactic acid bacteria) 207–251
enumeration and identification 207–251

genomic characterisation 37–65
mixed/blended *see* mixed/blended starter cultures

steatohepatitis, non-alcoholic 317317

stomach (gastric…)
  disorders, historical treatment methods 17
  microbiota 4

stools *see* faeces

strains (probiotic)
bacteriocin-producing 369

Canadian regulations and health claims specific to 190

interactions between traditional starter cultures and 70

selection
  cheesemaking 96–99
  viability improvements and 120
  yoghurt 80

straw (probiotic) 116
Streptococcus 4
genomic characterisation 41–43
Streptococcus salivarius 371
genome analysis 42, 43, 44, 48, 49, 53, 55
Streptococcus thermophilus 55–56, 121, 374
genomic characterisation 39, 43, 55
inulin‐type fructan effects 265
LM17 culture medium 211
natural transformation 55–56
viability‐affecting factors 120, 121, 123, 124, 124–125
structural claims, USA 185–187, 188–189
supplements (nutritional/dietary) 122–123, 167
legislation
China 194, 195
future for 201
USA 183–187, 188
prebiotic see prebiotics
Suzme 89
Swiss‐type cheese 102
SYBR Green qPCR 222
T cells/lymphocytes
HIV disease 319, 320
Lactobacillus and 296, 319, 320
Tallaga 106
taxonomy see classification and taxonomy
Technical Barriers to Trade (TBT) 197–198
technology
future developments 125
viability and 97
terminal restriction fragment length
polymorphisms 230
therapeutic dose, minimum 67
thermophilic lactic acid bacteria
cheeses 95, 99
fermentations 76, 77–84
thermophilicin B67 374, 376
thiamine (vitamin B1) 363
tight junctions 261
time‐of‐flight spectrometry, mass matrix‐
assisted laser desorption/ionisation–
215–216, 237
Tissier, H. 21, 165–166
tofu, dairy 109
Toma Piemontese 110
tomato spread, cheese‐based 117
trade agreements 197–198
traditional Chinese medicine (TCM) 191–192, 192, 193
transformation, natural, Str.
thermophilus 55–56
travellers’ diarrhoea 259
tumours, malignant see cancer
two‐stage fermentation 97, 121–122
ulcerative colitis 259, 267, 277, 297, 299–301
United Kingdom (UK) regulations and
legislation 177, 182, 183
United States of America (USA) 183–189
historical perspectives 25–26
regulations and legislation 183–189, 200, 201
urogenital (genitourinary) tract
disorders 297, 313–314
bladder cancer 319
urinary tract infections 313, 314
probiotic mechanisms 297
USA see United States of America
vagina
infant delivery via 2, 3, 271
infections 297, 313–314
bacterial vaginosis (BV) 297, 313, 314
van Leeuwenhoek, Anton 19
vegetable gums see gums
very hard cheeses 99–102
very viscous probiotic milk products 89–90
viability and vitality 117–125
cheesemaking 97
in enumeration and identification 208
fermented milks and beverages 79, 85, 96
improving 120–125
unfermented milk 75
Viili 93
virulence factors (VF), lactic acid bacteria
and Bifidobacterium 47–51
viscous probiotic milk products 73
very 89–90
vitality see viability
Vitality (Müller) 182
vitamins 359–364
vitamin B (group in general) 6, 360, 362
vitamin B1 (thiamine) 363
vitamin B2 (riboflavin) 363
vitamin B9 (folate) 360–362, 363
vitamin B12 362–363
vitamin C 124
vitamin K 54, 364
Vivinal[O] GOS 270
VSL#3
   Crohn’s disease and 298
   irritable bowel syndrome and 302–303
   liver disease and 317, 317–318
   pouchitis and 301, 302
   ulcerative colitis 299, 301
   vulvovaginal candidiasis (VVC) 313, 314

water- and milk-based cereal desserts and puddings 116
weight management 315
Weiss, H. 21
Wiessella 46, 48, 50, 85
Western diet, inulin-rich plant foods 261, 263
wheat extract 85–86
whey
   beverages 86, 87
   cheese 109
   spray-dried 113
whipped cream 115
WHO see Food and Agriculture Organisation of the United Nations and World Health Organisation
whole genome sequencing (WGS) 42, 47, 48–49, 50, 51, 232, 233–235, 237
women (females), prebiotic effects 256, 266, 276
World Health Organisation see Food and Agriculture Organisation of the United Nations and World Health Organisation
XIP peptide 55–56
xylan 279
xylo-oligosaccharides 279

Yakult 30, 31, 71, 73, 84, 86, 94, 166, 171, 183, 188, 299–300
yeast(s) 46
   and lactic acid fermentations 90–93
   vaginitis (vulvovaginal candidiasis; VVC) 313, 314
yeast extract lactate agar 211
Ymer 74, 75, 79
yoghurt 18, 69, 75–85
   additives 80–85
   bio’ yoghurt flavour 70
   Bulgarian 20, 79, 165, 171
   concentrated 89, 184
   dried 114
   drinking 72, 84, 85
   enumeration of bacteria 210
   frozen 111, 122, 184
   goat’s milk 77, 79, 114
   Greek and Greek-style 74, 89
   market 182, 196, 391
   regulations and legislation on health and function claims
   China 196
   Codex Alimentarius 200
   EU 182
   Japan 171
   USA 184, 188
   strain selection 80
   viability 118
   factors influencing 121–124
Yoplait 182
Zimmie 89