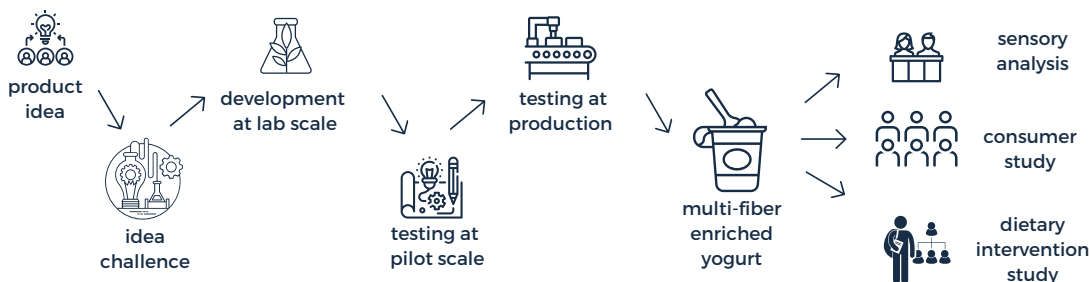




AGILE PRODUCT DEVELOPMENT



DIETARY INTERVENTION STUDY & RESULTS



81 participants
2 weeks



200ml per day
50-50 control or
multi-fiber
enriched yogurt



blood sample
microbiome
sample D1 & D14



results
analysis



positive
effect
proven



results in
scientific
paper



awarded
product



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Consumption of multi-fiber enriched yogurt is associated with increase of *Bifidobacterium animalis* and butyrate producing bacteria in human fecal microbiota

M. Jaagura^{a,*}, N. Part^a, K. Adamberg^{a,b}, J. Kazantseva^a, E. Viiard^a

^a Center of Food and Fermentation Technologies, Estonia

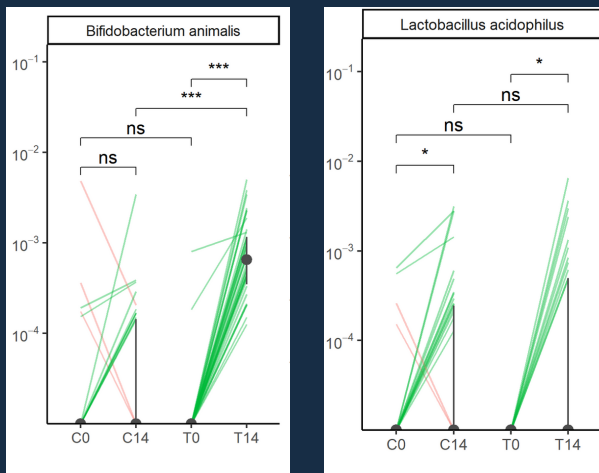
^b Tallinn University of Technology (TallTech), Estonia

AIM & HYPOTHESIS

- Consumption of multi-fiber enriched yogurt is associated with increase of *Bifidobacterium animalis* and butyrate producing bacteria in human fecal microbiota
- Functional foods supplemented with fiber can be an effective strategy to modulate the human gut microbiota and plasma lipid and sugar levels.

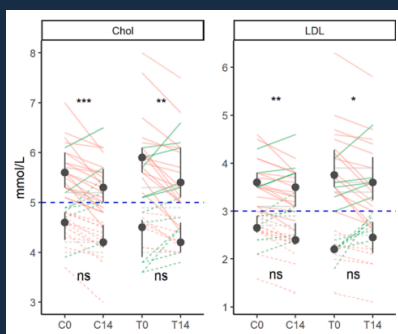


HEALTH RESULTS



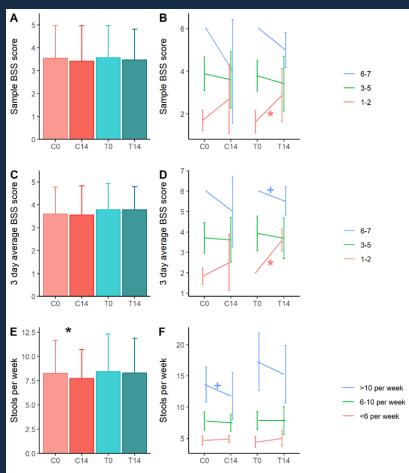
FECAL MICROBIOME

- Enrichment of yogurt with a mixture of fibers significantly promoted the growth of *B. animalis*BB-12 in the human gut during two weeks of daily consumption.
- Intake of fiber-enriched yogurt specifically increased the levels of *Catenibacterium mitsuokai* and *Parabacteroides distasonis* in the fecal microbiota.
- Consumption of fiber-enriched yogurt helped maintain healthy digestive pattern.



ELEVATED AND TOTAL LDL CHOLESTEROL

Significant reduction was detected in both control and test group subjects with high initial total cholesterol (>5 mmol/L) and LDL cholesterol (>3 mmol/L) levels.



BSS AND STOOL FREQUENCY

Fiber-enriched yogurt:

- Helped to maintain regular gastrointestinal activity.
- Normalized Bristol Stool Scale score (reduced intestinal discomfort).
- No significant adverse effect of increased fiber consumption was determined.

IN TFTAK WE

- Develop health-promoting food products
- Find solutions scientifically and systematically
- Continuously expand our expertise through use of cutting-edge technologies
- Leverage new technologies and ingredients to deliver maximum value to our partners
- Select raw materials based on regionality, economical and environmental calculations

CONTACT

TFTAK
Center of Food and Fermentation Technologies
info@tftak.eu | tftak.eu | Tallinn ESTONIA

