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Prebiotics, probiotics and synbiotics

Sarah Pawlowski

Sensus America Inc., USA

Abstract

Probiotics are live bacteria that when consumed in sufficient numbers may confer health benefits to the host. Prebiotics are non-digestible carbohydrates that specifically stimulate growth of healthy bacteria in the large intestine. In other words, they support growth of your own probiotic bacteria and thus provide health benefits to the host. Prebiotics are being used more often in the food industry to enhance the health features of food products. In this presentation special attention will be paid to inulin (β-2,1-fructans) as an example of how prebiotic ingredients are applied in a large variety of products in the food market.

Both prebiotics and probiotics are increasingly used in the food industry to enhance the health features of food products. In addition to its health benefits as a prebiotic, inulin can enrich the fiber content of food products, while typically improving their taste and texture. With different types of inulin, different product segments can be served. For example, oligofructose delivers the sweetness and humectancy necessary to replace sugar, while long chain inulin has texturizing properties that are beneficial for low fat products.

When combined in one product pre- and probiotics may work synergistically as so-called synbiotics. The prebiotic may support survival of the probiotic bacterium either during storage or after ingestion. In addition, combining the two ingredients may enhance the health effects. In this presentation the synbiotic effects of inulin prebiotics and different probiotic strains will be shown

Biography

Sarah Pawlowski has a B.S. in Chemistry and Biology from the University of Saint Joseph, and an did post graduate studies at University of New Haven. She is the Eastern Sales Manager of Sensus America Inc., a premier manufacturer of prebiotic chicory root fiber. She has more than 10 years experience in the food ingredient industry, and has lead technical sessions on fortification and value added ingredients, for several major nutritional and food industry seminars.

sarah.pawlowski@sensus.us