



RECOMMENDATIONS

CHAPTER 7

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- The standardized HPLC technique can be used to further analyze inulin content of large number of raw and processed foods samples to generate a database so that it could be included in food composition tables.
- The identified sources in the present study may be further studied to recover prebiotics in their natural state to be used on a commercial scale.
- Inulin can be substituted (bread, *chapati*, *dhokla*) and added as dietary fibre (cereal pulse porridge, juice, *potato bonda*) in many products and as fat replacer in baked goods e.g. cookies.
- Inulin can be incorporated as a dietary fibre and a fat replacer in highly acceptable foods by the food industries to facilitate healthier eating practices through the provision and promotion of healthy foods.
- The diets of the elderly subjects should be daily supplemented with atleast 100 g of probiotic fermented milk having cultures of *B. bifidum*, *B. longum*, *B. brevis*, *L. acidophilus*, *L. casei*, *L. bulgaricus* and *L. leishmanii* for alleviating the problems of gastrointestinal disorders particularly constipation, indigestion, acidity and flatulence.
- Regular consumption of synbiotic fermented milk can be recommended for hyperlipidemic elderly individuals to improve their lipid profiles.
- Anemic elderlies can benefit from daily consumption of synbiotic fermented milk for atleast 6 weeks.
- Elderlies with low immunity and having recurrent respiratory problems can benefit themselves from a daily consumption of probiotic and synbiotic fermented milk.
- Regular intakes of probiotic and synbiotic fermented milk are also recommended for improving the disturbances in psychological states and mood alleviation in depressed elderlies.