



FUTURE SCOPE OF INVESTIGATION

CHAPTER 8

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- Studies on analyzing inulin content of more number of samples of raw cereals, vegetables, fruits and roots and tubers and also study varietal differences in these food samples, that will help in developing a data base which can be used for calculating actual intakes of inulin in the diet of general population.
- To analyze inulin content of locally and regionally prepared foods prepared using various processing conditions and storage effects.
- To study the consumption pattern of probiotic and prebiotic foods and relate it with the risk of occurrence of cardio vascular diseases.
- To compare the effect of synbiotic and probiotic supplementation to diabetic adults in terms of the serum glucose levels, gut incretins and fecal short chain fatty acid content.
- Identifying the means of incorporating probiotic cultures in diets of individuals who are intolerant to milk and milk products and study its efficacy in terms of establishment of gut microflora.
- Supplementation of synbiotic fermented milk in clinical conditions such as irritable bowel syndrome, lactose intolerance, constipation, various types of cancers and individuals with low immunity.
- To study the effect of supplementation of probiotic and synbiotic fermented milk on reduction of various pathogens in the gut such as *Salmonella*, *Shigella*, *Bacteriodes*, *Clostridium* and *Campylobacter* in the improvement in prognosis of various disease conditions.
- To determine gut microflora of normal and obese population and to study the impact of supplementing inulin on their obesity outcome and gut microflora.
- To study the antihypertensive effects of probiotic fermented milk as influenced by the addition of inulin both in *vitro* and in *vivo*.
- To carry out similar studies with other prebiotics such as fructooligosaccharides, galactooligosaccharides and resistant starch.