

## *LIST OF FIGURES*

Figure No.	Title	Page no.
2.1	Stepwise process of the design and development of functional foods.	12
2.2	Scientific basis for enhanced structure-function or disease risk-reduction claims	14
2.3	Chemical Structure of sucrose (left), inulin (center), oligofructose (right)	22
2.4	Primary vegetable sources of inulin in the American Diet	24
2.5	Consumption pattern of curd, onion and garlic as prebiotic and probiotic foods	24
2.6	Basic gut anatomy. different regions within the gut are colonized by different types of microbial community, in terms of both species diversity and actual numbers.	40
2.7	The microbial concentrations in human intestine	40
2.8	Changes with age in number of bacteria in faeces	42
2.9	Schematic presentation of interactions between food, intestinal flora and host	43
2.10	Schematic overview of colonic microflora and their health significance	44
2.11	Colonic bacteria and SCHFA related health effects of bifidobacteria	45
2.12	Pathogenic microflora suppression	47
2.13	Factual and hypothetical effects of short chain fatty acids (SCFAS) on colonic morphology and function	52
2.14	Schematic diagram of the bioavailability of digestible carbohydrates and inulin	52
2.15	Short chain fatty acids levels after 24 hours in vitro fermentation	54
2.16	SCFA levels and ratios after 24 hours in vitro fermentation	55

Figure No.	Title	Page no.
2.17	Short chain fatty acid and gas production of individual NDO, polysaccharides, and their mixtures	56
2.18	Effect of inulin ingestion on lipid metabolism	58
2.19	Inhibition of pyruvate carboxylase by methyl malonyl CoA and succinyl CoA, and HMG CoA reductase by propionate inhibition	61
2.20	The modulation of gut microbiota by prebiotics treatment modulates the endogenous production of gut peptides associated with energy homeostasis	62
2.21	Normal colon mutual transformation via hyperproliferation and adenomas to carcinoma	64
2.22	Reductase enzymes and their role in carcinogen formation	65
2.23	Effect of 20 g/d full consumption on <i>Enterobacteriaceae</i>	72
4.1	Experimental plan of the study	84
4.2	$\beta$ - Fructan Determination	87
4.3	Steps for organoleptic evaluation	95
4.4 a	Selection of participants at baseline	100
4.4 b	Experimental plan for supplementation of fermented milk	101
4.5	Serial dilution technique along with steps of inoculation and incubation. Preparation and sterilization of media	102
5.1.1.(i)	Chromatograms depicting standard for (a) blank (b) Fructose (c) glucose (d) Sucrose	121
5.1.1.(ii)	Chromatograms depicting standard for (a) blank (b) Fructose (c) glucose (d) Sucrose	121
5.1.1.(iii)	Chromatograms depicting standard for (a) blank (b) Fructose (c) glucose (d) Sucrose	122
5.1.1.(iv)	Chromatograms depicting standard for (a) blank (b) Fructose (c) glucose (d) Sucrose	122

Figure No.	Title	Page no.
5.1.2	Chromatograms of the distribution of inulin chains in cereal grains (a) blank (b) Fructose (c) glucose (d) Sucrose	124
5.1.3	Chromatograms of the distribution of inulin chains in pulses and legumes (a) blank (b) Fructose (c) glucose (d) Sucrose	125
5.1.4	Chromatograms of the distribution of inulin chains in fruits and vegetables (a) blank (b)Fructose (c) glucose (d) Sucrose	127
5.1.5	Chromatograms of the distribution of inulin chains in roots and tubers, spices (a) blank (b)Fructose (c) glucose (d) Sucrose	128
5.1.6	Chromatograms of the distribution of inulin chains in processed wheat products (a) blank (b)Fructose (c) glucose (d) Sucrose	129
5.2.1 (a)-(f)	Organoleptic attributes of bread substituted with varying levels of inulin	137
5.2.2 (a)-(f)	Scores for organoleptic attributes of cookies substituted with varying levels of inulin	144
5.2.3 (a)-(f)	Scores for organoleptic attributes of <i>chapati</i> substituted with varying levels of inulin	151
5.2.4 (a)-(d)	Scores for organoleptic attributes of <i>dhokla</i> Substituted with varying Levels of Inulin	157
5.2.5 (a)-(b)	Scores for organoleptic attributes of <i>potato bonda</i> substituted with varying levels of inulin	163
5.2.6(a)-(d)	Scores for organoleptic attributes of porridge substituted with varying levels of inulin	168
5.2.7(a)-(b)	Scores for organoleptic attributes of juice substituted with varying levels of inulin	173
5.3.1.1	Life style pattern of older adults	189
5.3.1.2 (a)	Prevalence of abdominal obesity based on waist hip ratio	190

Figure No.	Title	Page no.
5.3.1.2 (b)	Prevalence of abdominal obesity based on waist circumference	190
5.3.1.3	Percent participants under different categories of BMI classification	191
5.3.1.4	Percent participants at different stages of hypertension	191
5.3.1.5	Percent participants suffering from different degrees of anemia	193
5.3.1.6 a	Percent participants under different categories for total cholesterol	193
5.3.1.6 b	Percent participants under different categories for triglycerides	193
5.3.1.7	Depression status of institutionalized older adults	196
5.3.2.1	Lipid profile of male and female elderly subjects before and after probiotic fermented milk supplementation	202
5.3.2.2	Lipid profile of male and female elderly subjects before and after synbiotic fermented milk supplementation	202
5.3.2.3	Fasting blood glucose of male and female elderly subjects before and after probiotic and synbiotic fermented milk supplementation	205
5.3.2.4	Gut microflora of male and female elderly subjects before and after probiotic fermented milk supplementation	224
5.3.2.5	Gut microflora of male and female elderly subjects before and after synbiotic fermented milk supplementation	224
5.3.2.6	Correlation of total cholesterol and beneficial microorganisms ( <i>bifidobacteria</i> and <i>lactobacilli</i> ) after probiotic and synbiotic fermented milk supplementation fig. 5.3.2.7 correlation of total cholesterol and <i>E.coli</i> after probiotic and synbiotic fermented milk supplementation	227
5.3.2.7	Correlation of total cholesterol and <i>e.coli</i> after probiotic and synbiotic fermented milk supplementation	227
5.3.2.8	Correlation of biochemical parameters and beneficial organisms ( <i>bifidobacteria</i> and <i>lactobacilli</i> ) after synbiotic fermented milk supplementation	228