



Recent Advances of Probiotics in Food Industry

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ABSTRACT: Probiotics has a long history not only in the health but also in food industry. It started when Metchnikoff for the first time noticed the reduction of toxin producing bacteria in the gut through the intake of yogurt which contains *Lactobacilli*. Later, Tissier observed that gut microbiota from healthy breast fed infants were dominated by rods with bifid shaped bacteria, which were absent when infant is suffering from diarrhea. After many years of research it was found that probiotics have many health benefits over various other food supplements like better nutrient digestion, anti carcinogenic activity, antioxidant activity, reduce serum cholesterol and more. These probiotics are GRAS recognized with no pathogenic or virulent properties towards the host. Majorly, Probiotics are divided in two types LAB and bifid bacterium species. But some yeast are also a part of probiotics, like *Saccharomyces boulardii* and *Saccharomyces cerevisiae*. These yeasts play a major role in food industry like in the making of fermented food products. Also they have a symbiotic relationship with probiotic bacteria which enhances their functioning. Probiotics dominate in dairy industry like in cheese making, yogurt making and improving properties of milk for lactose intolerant person. Other non dairy based products include meat, juices, cereals, and vegetables. Recent advances are taking place in the food industry to incorporate probiotics for the betterment of health in a more natural way. Like introduction of prebiotics (aloe vera, fruit salad and paneer spread) for more convenience in transferring the probiotics in the human body but also to increase their activity. © 2016 iGlobal Research and Publishing Foundation. All rights reserved.

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