CHAPTER 7
RECOMMENDATIONS

- 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.