

1. Bölüm Kaynakları

1. NIH HMP Working Group (2009). The NIH Human Microbiome Project. *Genome research*, 19(12), 2317-23.
2. Liu, X. (2016). Microbiome. *The Yale Journal of Biology and Medicine*, 89 (3), 275–276.
3. Ursell, L. K., Metcalf, J. L., Parfrey, L. W., & Knight, R. (2012). Defining the Human Microbiome. *Nutrition Reviews*, 70 (Suppl 1), S38–S44.
4. Thursby, E., & Juge, N. (2017). Introduction to the human gut microbiota. *Biochemical Journal*, 474(11), 1823–1836.
5. Bozok T, Şimşek T, Kömür S, Ulu A (2014). Normal mikrobiyal floranın insan sağlığı üzerine etkisi ve insan mikrobiyom projesi. *Arşiv Kaynak Tarama Dergisi*, 23(3), 420-426.
6. <http://biyologlar.com/mikroorganizmalarin-siniflandirilmesi-ve-isimlendirilmesi>
7. Bahri Karaçay (2010). İçimizdeki Dünya: Mikrobiyom, *Bilim ve Teknik*, Eylül, 36-43.
8. Evrensel, A., Ceylan, A.E. *Psikiyatride Güncel Yaklaşımlar-Current Approaches in Psychiatry 2015*; 7(4):461-472.
9. <http://worldmicrobiomeday.com/human-microbiome/>
10. Qin J, Li R, Raes J, et al.; MetaHIT Consortium. A human gut microbial gene catalogue established by metagenomic sequencing. *Nature*. 2010;464:59–65.
11. Tamburini S, Shen N, Wu HC, Clemente JC. The microbiome in early life: implications for health outcomes. *Nat Med*. 2016;22:713–722.
12. Mosley, M (2017). *The Clever Gut Diet*, NewYork, An Imprint of Simon & Schuster, Inc.
13. <https://www.gutmicrobiotaforhealth.com>

2. Bölüm Kaynakları

1. Leung, P.S. (editor). (2014). *The Gastrointestinal System. Gastrointestinal, Nutritional and Hepatobiliary Physiology*. Springer. London.
2. Griffiths, M (2012). *Gastrointestinal System*. Mosby Elsevier. Toronto.
3. Gari, S.J., Schneider, W. (2016). *Healthy Gut Diet*. Penguin Random House. Indiana.
4. Belkaid, Y., & Hand, T. W. (2014). Role of the microbiota in immunity and inflammation. *Cell*, 157(1), 121-41.
5. Carabotti, M., Scirocco, A., Maselli, M. A., & Severi, C. (2015). The gut-brain axis: interactions between enteric microbiota, central and enteric nervous systems. *Annals of gastroenterology*, 28(2), 203-209.
6. Mayer E. A., Tillisch K., Gupta A. (2015). Gut/brain axis and the microbiota. *J. Clin. Invest*. 125 926–938.
7. Bonaz, B., Bazin, T., & Pellissier, S. (2018). The Vagus Nerve at the Interface of the Microbiota-Gut-Brain Axis. *Frontiers in neuroscience*, 12, 49.
8. Costa M, Brookes SJH, Hennig GW Anatomy and physiology of the enteric nervous system *Gut* 2000;47:iv15-iv19.
9. Clapp, M., Aurora, N., Herrera, L., Bhatia, M., Wilen, E., & Wakefield, S. (2017). Gut microbiota's effect on mental health: The gut-brain axis. *Clinics and practice*, 7(4), 987.

3. Bölüm Kaynakları

1. O'Hara, A. M., & Shanahan, F. (2006). The gut flora as a forgotten organ. *EMBO reports*, 7(7), 688-93.
2. Clarke, G., Stilling, R. M., Kennedy, P. J., Stanton, C., Cryan, J. F., & Dinan, T. G. (2014). Minireview: Gut microbiota: the neglected endocrine organ. *Molecular endocrinology (Baltimore, Md.)*, 28(8), 1221-38.
3. Neu, J., & Rushing, J. (2011). Cesarean versus vaginal delivery: long-term infant outcomes and the hygiene hypothesis. *Clinics in perinatology*, 38(2), 321-31.

4. Guinane, C. M., & Cotter, P. D. (2013). Role of the gut microbiota in health and chronic gastrointestinal disease: understanding a hidden metabolic organ. *Therapeutic advances in gastroenterology*, 6(4), 295-308.
5. Cox, L. M., & Blaser, M. J. (2014). Antibiotics in early life and obesity. *Nature reviews. Endocrinology*, 11(3), 182-90.
6. Wen L., Duffy A. (2017). Factors Influencing the Gut Microbiota, Inflammation, and Type 2 Diabetes. *J Nutr*, 147(7), 1468S-1475S.
7. Fung T.C., Olson C.A., Hsiao E.Y. (2017). Interactions between the microbiota, immune and nervous systems in health and disease. *Nat Neurosci*, 20(2), 145-155.
8. Thursby, E., & Juge, N. (2017). Introduction to the human gut microbiota. *The Biochemical journal*, 474(11), 1823-1836. doi:10.1042/BCJ20160510
9. David L.A., et al. Diet rapidly and reproducibly alters the human gut microbiome. *Nature*. 2014;505(7484): 559– 563.
10. Dinan TG et al. (2017). Gut instincts: microbiota as a key regulator of brain development, ageing and neurodegeneration. *J Physiol*. 2017 Jan 15;595(2):489-503.
11. Bäckhed F., et al. Defining a healthy human gut microbiome: current concepts, future directions, and clinical applications. *Cell Host Microbe*. 2012;12(5): 611– 622.
12. Aagaard K., et al. The placenta harbors a unique microbiome. *Sci. Transl. Med*. 2014;6(237): 237ra65.
13. Dominguez-Bello M.G., et al. Delivery mode shapes the acquisition and structure of the initial microbiota across multiple body habitats in newborns. *Proc. Natl. Acad. Sci. U. S. A*. 2010;107(26): 11971– 11975
14. Azad M.B., et al. Gut microbiota of healthy Canadian infants: profiles by mode of delivery and infant diet at 4 months. *CMAJ*. 2013;185(5): 385– 394.
15. Shively CA, et al. (2018). Consumption of Mediterranean versus Western Diet Leads to Distinct Mammary Gland Microbiome Populations. *Cell Rep*. Oct 2;25(1):47-56.e3.
16. Dominguez-Bello M.G., et al. Partial restoration of the microbiota of cesarean-born infants via vaginal microbial transfer. *Nat. Med*. 2016;22(3): 250– 253
17. Grześkowiak Ł., et al. Gut Bifidobacterium microbiota in one-month-old Brazilian newborns. *Anaerobe*. 2015;35: 54– 58.
18. Arboleya S., et al. Establishment and development of intestinal microbiota in preterm neonates. *FEMS Microbiol. Ecol*. 2012;79(3): 763– 772.
19. Martin R., et al. Early-life events, including mode of delivery and type of feeding, siblings and gender, shape the developing gut microbiota. *PLoS One*. 2016;11(6): e0158498.
20. Harmsen H.J., et al. Analysis of intestinal flora development in breast-fed and formula-fed infants by using molecular identification and detection methods. *J. Pediatr. Gastroenterol. Nutr*. 2000;30(1): 61– 67.
21. Zivkovic vd., 2011 Zivkovic A.M., et al. Human milk glyco-biome and its impact on the infant gastrointestinal microbiota. *Proc. Natl. Acad. Sci. U. S. A*. 2011;108: 4653– 4658.
22. www.who.int/about/licensing/copyright_form/en/index.html
23. Fallani M., et al. Intestinal microbiota of 6-week-old infants across Europe: geographic influence beyond delivery mode, breast-feeding, and antibiotics. *J. Pediatr. Gastroenterol. Nutr*. 2010;51(1): 77– 84.
24. Laursen M.F., et al. Infant gut microbiota development is driven by transition to family foods independent of maternal obesity. *mSphere*. 2016;1(1): 1– 16.
25. Martin R., et al. Early-life events, including mode of delivery and type of feeding, siblings and gender, shape the developing gut microbiota. *PLoS One*. 2016;11(6): e0158498.
26. Hollister E.B., et al. Structure and function of the healthy pre-adolescent pediatric gut microbiome. *Microbiome*. 2015;3(1): 36.
27. Faith J.J., et al. The long-term stability of the human gut microbiota. *Science (New York, N.Y.)*. 2013;341(6141): 1237439.
28. Agans R., et al. Distal gut microbiota of adolescent children is different from that of adults. *FEMS Microbiol. Ecol*. 2011;77(2): 404– 412.
29. Claesson M.J., et al. Gut microbiota composition correlates with diet and health in the elderly. *Nature*. 2012;488(7410): 178– 184.
30. Odamaki T., et al. Age-related changes in gut microbiota composition from newborn to centenarian: a cross-sectional study. *BMC Microbiol*. 2016;16(1): 90.

31. Leung K., Thuret S. Gut microbiota: a modulator of brain plasticity and cognitive function in ageing. *Healthcare*. 2015;3(4): 898– 916.
32. Rothschild D, Weissbrod O, Barkan E, et al. Environment dominates over host genetics in shaping human gut microbiota. *Nature*. 2018; 555(7695):210-5.
33. Le Bastard Q, Al-Ghalith GA, Grégoire M, et al. Systematic review: human gut dysbiosis induced by non-antibiotic prescription medications. *Aliment Pharmacol Ther*. 2018; 47(3):332-45.
34. Zhernakova, A., Kurilshikov, A., Bonder, M. J., Tigchelaar, E. F., Schirmer, M., Vatanen, et al. (2016). Population-based metagenomics analysis reveals markers for gut microbiome composition and diversity. *Science (New York, N.Y.)*, 352(6285), 565–569.
35. Jernberg C, Lofmark S, Edlund C, Jansson JK (2010) Long-term impacts of antibiotic exposure on the human intestinal microbiota. *Microbiology* 156:3216–3223.
36. Jernberg C., Löfmark S., Edlund C., Jansson J. K. (2007). Long-term ecological impacts of antibiotic administration on the human intestinal microbiota. *ISME J*. 1, 56–66.
37. Dethlefsen L, Huse S, Sogin ML, et al. : The pervasive effects of an antibiotic on the human gut microbiota, as revealed by deep 16S rRNA sequencing. *PLoS Biol*. 2008;6(11):e280.
38. Risnes K.R., et al. Antibiotic exposure by 6 months and asthma and allergy at 6 years: findings in a cohort of 1,401 US children. *Am. J. Epidemiol*. 2011;173(3): 310– 318.
39. Korpela K., et al. Intestinal microbiome is related to lifetime antibiotic use in Finnish pre-school children. *Nat. Commun*. 2016;7: 10410).
40. Forslund, K., Hildebrand, F., Nielsen, T., Falony, G., Le Chatelier, E., Sunagawa, S., ... Pedersen, O. (2015). Disentangling the effects of type 2 diabetes and metformin on the human gut microbiota. *Nature*, 528(7581), 262–266.
41. Lee H, Ko G. Effect of metformin on metabolic improvement and gut microbiota. *Appl Environ Microbiol*. 2014;80:5935–5943.
42. Le Bastard Q, Al-Ghalith GA, Grégoire M, et al. Systematic review: human gut dysbiosis induced by non-antibiotic prescription medications. *Aliment Pharmacol Ther*. 2018; 47(3):332-45.
43. Jackson M.A., et al. Proton pump inhibitors alter the composition of the gut microbiota. *Gut*. 2016;65(5): 749– 756).
44. Davey KJ, O'Mahony SM, Schellekens H, et al. Gender-dependent consequences of chronic olanzapine in the rat: effects on body weight, inflammatory, metabolic and microbiota parameters. *Psychopharmacology*. 2012;221:155-169.
45. McArdle MA, Finucane OM, Connaughton RM, McMorrow AM, Roche HM. Mechanisms of obesity-induced inflammation and insulin resistance: insights into the emerging role of nutritional strategies. *Front Endocrinol*. 2013;4:52.
46. Rogers MAM, Aronoff DM. The influence of non-steroidal antiinflammatory drugs on the gut microbiome. *Clin Microbiol Infect*. 2016;22:178.e1-9.
47. Nolan JA, Skuse PH, Govindarajan K, et al. The influence of rosuvastatin upon the gastrointestinal microbiota and host gene expression profiles. *Am J Physiol Gastrointest Liver Physiol*. 2017;312:G488-G497. [ajpgi.00149.2016](https://doi.org/10.1152/ajpgi.00149.2016).
48. Masadeh M, Mhaidat N, Alzoubi K, Al-Azzam S, Alnasser Z. Antibacterial activity of statins: a comparative study of atorvastatin, simvastatin, and rosuvastatin. *Ann Clin Microbiol Antimicrob*. 2012;11:13.
49. Banerjee S, Sindberg G, Wang F, et al. Opioid-induced gut microbial disruption and bile dysregulation leads to gut barrier compromise and sustained systemic inflammation. *Mucosal Immunol*. 2016;9:1418-1428.
50. Meng J, Banerjee S, Li D, et al. Opioid Exacerbation of Gram-positive sepsis, induced by gut microbial modulation, is rescued by IL17A neutralization. *Sci Rep*. 2015;5:10918.
51. Zhang J, Guo Z, Xue Z, Sun Z, Zhang M, Wang L, et al. A phylo-functional core of gut microbiota in healthy young Chinese cohorts across lifestyles, geography and ethnicities. *ISME J*. 2015;9:1979–1990.
52. Gupta, V. K., Paul, S., & Dutta, C. (2017). Geography, Ethnicity or Subsistence-Specific Variations in Human Microbiome Composition and Diversity. *Frontiers in Microbiology*, 8, 1162.
53. Riedler J., et al. Exposure to farming in early life and development of asthma and allergy: a cross-sectional survey. *Lancet*. 2001;358(9288): 1129– 1133.

54. Stein M.M., et al. Innate immunity and asthma risk in amish and hutterite farm children. *N. Engl. J. Med.* 2016;375(5): 411– 421.
55. Fujimura K.E., et al. House dust exposure mediates gut microbiome Lactobacillus enrichment and airway immune defense against allergens and virus infection. *Proc. Natl. Acad. Sci. U. S. A.* 2014;111(2): 805–810.
56. Fonseca D.M., et al. Microbiota-dependent sequelae of acute infection compromise tissue-specific immunity. *Cell.* 2015;163(2): 354– 366.
57. Lai CH, Ho TJ, Kuo WW, Day CH, Pai PY, Chung LC, Liao PH, Lin FH, Wu ET, Huang CY. Exercise training enhanced SIRT1 longevity signaling replaces the IGF1 survival pathway to attenuate aging-induced rat heart apoptosis. *Age (Dordr)* 2014;36(5):9706.
58. Allen J. M., Mailing L. J., Niemi G. M., Moore R., Cook M. D., White B. A., et al. (2018). Exercise alters gut microbiota composition and function in lean and obese humans. *Med. Sci. Sports Exerc.* 50 747–757.
59. Durk R.P., Castillo E., Et al. Gut Microbiota Composition is Related to Cardiorespiratory Fitness in Healthy Young Adults. *Int J Sport Nutr Exerc Metab.* 2018 Jul 10:1-15.
60. Clarke S. F., Murphy E. F., O'Sullivan O., Lucey A. J., Humphreys M., Hogan A., et al. (2014). Exercise and associated dietary extremes impact on gut microbial diversity. *Gut* 63 1913–1920.
61. Ersoy N, Ersoy G. Egzersizin Bağırsak Mikrobiyotasına Etkisi. Rakıcioğlu N, editör. *Mikrobiyota, Beslenme ve Sağlık.* Ankara: Türkiye Klinikleri; 2018, 4(2): 16-24.
62. Lennon EM, Maharshak N, Elloumi H, Borst L, Plevy SE, Moeser, AJ. (2013). Early life stress triggers persistent colonic barrier dysfunction and exacerbates colitis in adult IL-10^{-/-} mice. *Inflamm. Bowel Dis.* 19,712–719.
63. Lucas M, Chocano-Bedoya P, Shulze MB, Mirzaei F, O'Reilly EJ, Okereke OI, et al. (2014). Inflammatory dietary pattern and risk of depression among women. *Brain Behav. Immun.* 36,46–53.
64. Jeffery IB, O'Toole PW, Öhman L, Claesson MJ, Deane J, Quigley EM, et al. (2012). An irritable bowel syndrome sub type defined by species-specific alterations in faecal microbiota. *Gut* 61, 997–1006.
65. Pinto-Sanchez MI, Hall GB, Ghajar K, et al. : Probiotic Bifidobacterium longum NCC3001 Reduces Depression Scores and Alters Brain Activity: A Pilot Study in Patients With Irritable Bowel Syndrome. *Gastroenterology.* 2017;153(2):448–459.e8.
66. Furness JB, Callaghan BP, Rivera LR, Cho HJ. The enteric nervous system and gastrointestinal innervation: integrated local and central control. *Adv Exp Med Biol.* 2014;817:39–71.
67. <https://www.health.harvard.edu/healthbeat/the-gut-brain-connection>
68. Benedict C, et al. Gut microbiota and glucometabolic alterations in response to recurrent partial sleep deprivation in normal-weight young individuals. *Mol Metab.* 2016;5(12):1175–1186.
69. Zhang SL, Bai L, Goel N, Bailey A, Jang CJ, Bushman FD, et al. Human and rat gut microbiome composition is maintained following sleep restriction. *Proc Natl Acad Sci U S A.* 2017;114:E1564–71.
70. Lei, Y. M., Nair, L., & Alegre, M. L. (2014). The interplay between the intestinal microbiota and the immune system. *Clinics and research in hepatology and gastroenterology*, 39(1), 9-19.
71. Rao, R. K., & Samak, G. (2013). Protection and Restitution of Gut Barrier by Probiotics: Nutritional and Clinical Implications. *Current nutrition and food science*, 9(2), 99-107.
72. Ubeda, C., Djukovic, A., & Isaac, S. (2017). Roles of the intestinal microbiota in pathogen protection. *Clinical & translational immunology*, 6(2), e128. doi:10.1038/cti.2017.2
73. Sam, Q. H., Chang, M. W., & Chai, L. Y. (2017). The Fungal Mycobiome and Its Interaction with Gut Bacteria in the Host. *International journal of molecular sciences*, 18(2), 330.
74. <http://www.ahmetdoganay.net/Parazitizm.php>

4. Bölüm Kaynakları

1. Yılmaz, K., Altındaş, M. Sindirim Sistemi Mikrobiyotası ve Fekal Transplantasyon, *Nobel Medicus*, 13(1):9-15, 2017.
2. Neu, J., & Rushing, J. (2011). Cesarean versus vaginal delivery: long-term infant outcomes and the hygiene hypothesis. *Clinics in perinatology*, 38(2), 321-31.
3. Toscano, M., De Grandi, R., Grossi, E., & Drago, L. (2017). Role of the Human Breast Milk-Associated Microbiota on the Newborns' Immune System: A Mini Review. *Frontiers in microbiology*, 8, 2100.

4. Matamoros S, Gras-Leguen C, Le Vacon, F, Potel G, de La Cochetiere MF. Development of intestinal microbiota in infants and its impact on health. *Trends Microbiol* 2013; 21: 167-173.
5. Jakobsson HE ve arkadaşları. Decreased gut microbiota diversity, delayed Bacteroidetes colonisation and reduced Th1 responses in infants delivered by Caesarean section. *Gut*. 2013 Aug 7.
6. Azad MB ve arkadaşları. Gut microbiota of healthy Canadian infants: profiles by mode of delivery and infant diet at 4 months. *CMAJ*. 2013 Mar 19;185(5):385-94.
7. Salminen S, Gibson GR, McCartney AL, Isolauri E. Influence of mode of delivery on gut microbiota composition in seven year old children. *Gut* 2004;53:1388–89.
8. Penders J, Thijs C, Vink C, et al. Factors influencing the composition of the intestinal microbiota in early infancy. *Pediatrics* 2006; 118: 511-521.
9. Kılıç, A. Clostridium difficile Enfeksiyonu: Epidemiyoloji, Risk Faktörleri, Patogenez, Klinik Özellikler, Tanı ve Tedavi *Mikrobiyol Bul* 2013; 47(3): 556-566.
10. Negele K, Heinrich J, Borte M, von Berg A, Schaaf B, Lehmann I, et al. Mode of delivery and development of atopic disease during the first 2 years of life. *Pediatric Allergy and Immunology* 2004;15:48–54.
11. Bager P, Simonsen J, Nielsen NM, Frisch M. Cesarean section and offspring's risk of inflammatory bowel disease: a national cohort study. *Inflammatory Bowel Diseases* 2012;18:857–62.
12. de Weerth C, Fuentes S, Puylaert P, de Vos WM. Intestinal microbiota of infants with colic: development and specific signatures. *Pediatrics* 2013;131:e550–58.
13. Koletzko B, von Kries R, Closa R, Escribano J, Scaglioni S, Giovannini M, et al. Can infant feeding choices modulate later obesity risk? *American Journal of Clinical Nutrition* 2009;89:1502S–8S.
14. <http://www.gebe.com/turkiye-sezaryen-dogum-orani-2016/>
15. <https://www.gutmicrobiotaforhealth.com/en/home/>
16. Yıldırım, E., Altun, R. Obezite ve Mikrobiyota, *Güncel Gastroenteroloji*, 18:1, 106-111, 2014.
17. Mölne, J.; Wold, A. *Inflammation*, 1st ed; Liber AB: Stockholm, Sweden, 2007
18. Ding S, Lund PK. Role of intestinal inflammation as an early event in obesity and insulin resistance. *Current Opinion in Clinical Nutrition and Metabolic Care* 2011;14:328–33.
19. Creely SJ, McTernan PG, Kusminski CM, Fisher F M, Da Silva NF, Khanolkar M, et al. Lipopolysaccharide activates an innate immune system response in human adipose tissue in obesity and type 2 diabetes. *American Journal of Physiology: Endocrinology and Metabolism* 2007;292:E740–E747.
20. Yang RZ, Lee MJ, Hu H, Pollin TI, Ryan AS, Nicklas BJ, et al. Acute-phase serum amyloid A: an inflammatory adipokine and potential link between obesity and its metabolic complications. *PLoS Medicine* 2006;3:e287.
21. Eric A. Franzosa, Katherine Huang, James F. Meadow, Dirk Gevers, Katherine P. Lemon, Brendan J. M. Bohannan, Curtis Huttenhower. Identifying personal microbiomes using metagenomics codes, *PNAS*, online May 11, 2015.
22. Turnbaugh PJ, Backhed F, Fulton L, Gordon JI. Diet-induced obesity is linked to marked but reversible alterations in the mouse distal gut microbiome. *Cell Host Microbe* 2008;3:213-23.
23. Ley, R.E.; Turnbaugh, P.J.; Klein, S.; Gordon, J.I. Microbial ecology: Human gut microbes associated with obesity. *Nature* 2006, 444, 1022–1023.
24. Schoenaker DA, Toeller M, Chaturvedi N, Fuller JH, Soedamah-Muthu SS. EURODIAB prospective complications study group. Dietary saturated fat and fibre and risk of cardiovascular disease and all-cause mortality among type 1 diabetic patients: the EURODIAB prospective complications study. *Diabetologia*. 2012;55:2132- 2141.
25. Cani PD, Neyrinck AM, Fava F, et al. Selective increases of bifidobacteria in gut microflora improve high-fat-diet-induced diabetes in mice through a mechanism associated with endotoxaemia. *Diabetologia*. 2007;50:2374 -2383.
26. Turnbaugh PJ, Backhed F, Fulton L, Gordon JI. Diet-induced obesity is linked to marked but reversible alterations in the mouse distal gut microbiome. *Cell Host and Microbe* 2008;3:213–23.
27. Wu GD, Chen J, Hoffmann C, Bittinger K, Chen YY, et al. Linking long-term dietary patterns with gut microbial enterotypes. *Science* 2011;334:105–8. doi:10.1126/science.1208344.
28. Tan J, McKenzie C, Potamitis M, Thorburn A, Mackay C, Macia L. The role of short-chain fatty acids in health and disease. *Adv Immunol* 2014;121:91–119.

29. Rossi, M., Corradini, C., Amaretti, A., Nicolini, M., Pompei, A., Zanoni, S., & Matteuzzi, D. (2005). Fermentation of Fructooligosaccharides and Inulin by Bifidobacteria: a Comparative Study of Pure and Fecal Cultures. *Applied and Environmental Microbiology*, 71(10), 6150–6158.
30. Corman ML, *Colon and Rectal Surgery*, 5th Edition, p.34.
31. Xu J, Gordon JI. Honor thy symbionts. *Proceedings of the National Academy of Sciences of the USA* 2003;100(18):10452-9.
32. Bergman E. N. 1990. Energy contributions of volatile fatty acids from the gastrointestinal tract in various species. *Physiol. Rev.* 70: 567–590.
33. Semova I, Carten JD, Stombaugh J, et al. Microbiota regulate intestinal absorption and metabolism of fatty acids in the zebrafish. *Cell Host and Microbe* 2012;12: 277–88.
34. Mullin GE. *The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!*. Rodale Wellness. 2017.
35. Ilan Y. Leaky gut and the liver: a role for bacterial translocation in nonalcoholic steatohepatitis. *World Journal of Gastroenterology* 2012;18:2609–18.
36. Mathur R, Amichai M, Chua KS, Mirocha J, Barlow GM, Pimental M. Methane and hydrogen positivity on breath test is associated with great body mass index and body fat. *Journal of Clinical Endocrinology and Metabolism* 2013;98: E698–E702.
37. Soifer LO, Peralta D, Dima G, Besasso H. Comparative clinical efficacy of a probiotic vs. an antibiotic in the treatment of patients with intestinal bacterial overgrowth and chronic abdominal functional distension: a pilot study. *Acta Gastroenterol Latinoam* 2010;40:323–327.
38. Krajicek EJ, Hansel SL. Small Intestinal Bacterial Overgrowth: A Primary Care Review. *Mayo Clin Proc.* 2016 Dec;91(12):1828-1833.
39. Carabotti, M., Scirocco, A., Maselli, M. A., & Severi, C. (2015). The gut-brain axis: interactions between enteric microbiota, central and enteric nervous systems. *Annals of gastroenterology*, 28(2), 203-209.
40. Mayer, E. A., Tillisch, K., & Gupta, A. (2015). Gut/brain axis and the microbiota. *The Journal of clinical investigation*, 125(3), 926-38.
41. Galland, L. (2014). The Gut Microbiome and the Brain. *Journal of Medicinal Food*, 17(12), 1261–1272.
42. Evrensel, A., & Ceylan, M.E. (2015). Bağırsak Beyin Ekseni: Psikiyatrik Bozukluklarda Bağırsak Mikrobiyotasının Rolü. *Psikiyatride Güncel Yaklaşımlar-Current Approaches in Psychiatry* 2015; 7(4):461-472.
43. Cani PD, Hoste S, Guiot Y, Delzenne NM. Dietary non-digestible carbohydrates promote L-cell differentiation in the proximal colon of rats. *British Journal of Nutrition* 2007;98:32–37.
44. Reinhardt C, Reigstad CS, Backhed F. Intestinal microbiota during infancy and its implications for obesity. *Journal of Pediatric Gastroenterology and Nutrition* 2009;48:249–56.
45. Holst JJ. Glucagon and glucagon-like peptides 1 and 2. *Results and Problems in Cell Differentiation* 2010;50:121–35.
46. Round JL, Mazmanian SK. The gut microbiota shapes intestinal immune responses during health and disease. *Nat Rev Immunol.* 2009;9:313–323.

5. Bölüm Kaynakları

1. Yılmaz, K., Altındış, M. Sindirim Sistemi Mikrobiyotası ve Fekal Transplantasyon, *Nobel Medicus*, 13(1):9-15, 2017.
2. Neu, J., & Rushing, J. (2011). Cesarean versus vaginal delivery: long-term infant outcomes and the hygiene hypothesis. *Clinics in perinatology*, 38(2), 321-31.
3. Toscano, M., De Grandi, R., Grossi, E., & Drago, L. (2017). Role of the Human Breast Milk-Associated Microbiota on the Newborns' Immune System: A Mini Review. *Frontiers in microbiology*, 8, 2100.
4. Matamoros S, Gras-Leguen C, Le Vacon, F, Potel G, de La Cochetiere MF. Development of intestinal microbiota in infants and its impact on health. *Trends Microbiol* 2013; 21: 167-173.
5. Jakobsson HE ve arkadaşları. Decreased gut microbiota diversity, delayed Bacteroidetes colonisation and reduced Th1 responses in infants delivered by Caesarean section. *Gut.* 2013 Aug 7.

6. Azad MB ve arkadaşları. Gut microbiota of healthy Canadian infants: profiles by mode of delivery and infant diet at 4 months. *CMAJ*. 2013 Mar 19;185(5):385-94.
7. Salminen S, Gibson GR, McCartney AL, Isolauri E. Influence of mode of delivery on gut microbiota composition in seven year old children. *Gut* 2004;53:1388–89.
8. Penders J, Thijs C, Vink C, et al. Factors influencing the composition of the intestinal microbiota in early infancy. *Pediatrics* 2006; 118: 511-521.
9. Kılıç, A. Clostridium difficile Enfeksiyonu: Epidemiyoloji, Risk Faktörleri, Patogenez, Klinik Özellikler, Tanı ve Tedavi Mikrobiyol Bul 2013; 47(3): 556-566.
10. Negele K, Heinrich J, Borte M, von Berg A, Schaaf B, Lehmann I, et al. Mode of delivery and development of atopic disease during the first 2 years of life. *Pediatric Allergy and Immunology* 2004;15:48–54.
11. Bager P, Simonsen J, Nielsen NM, Frisch M. Cesarean section and offspring's risk of inflammatory bowel disease: a national cohort study. *Inflammatory Bowel Diseases* 2012;18:857–62.
12. de Weerth C, Fuentes S, Puylaert P, de Vos WM. Intestinal microbiota of infants with colic: development and specific signatures. *Pediatrics* 2013;131:e550–58.
13. Koletzko B, von Kries R, Cloosa R, Escribano J, Scaglioni S, Giovannini M, et al. Can infant feeding choices modulate later obesity risk? *American Journal of Clinical Nutrition* 2009;89:1502S–8S.
14. <http://www.gebe.com/turkiye-sezaryen-dogum-orani-2016/>
15. <https://www.gutmicrobiotaforhealth.com/en/home/>
16. Yıldırım, E., Altun, R. Obezite ve Mikrobiyota, *Güncel Gastroenteroloji*, 18:1, 106-111, 2014.
17. Mölne, J.; Wold, A. *Inflammation*, 1st ed; Liber AB: Stockholm, Sweden, 2007
18. Ding S, Lund PK. Role of intestinal inflammation as an early event in obesity and insulin resistance. *Current Opinion in Clinical Nutrition and Metabolic Care* 2011;14:328–33.
19. Creely SJ, McTernan PG, Kusminski CM, Fisher F M, Da Silva NF, Khanolkar M, et al. Lipopolysaccharide activates an innate immune system response in human adipose tissue in obesity and type 2 diabetes. *American Journal of Physiology: Endocrinology and Metabolism* 2007;292:E740–E747.
20. Yang RZ, Lee MJ, Hu H, Pollin TI, Ryan AS, Nicklas BJ, et al. Acute-phase serum amyloid A: an inflammatory adipokine and potential link between obesity and its metabolic complications. *PLoS Medicine* 2006;3:e287.
21. Eric A. Franzosa, Katherine Huang, James F. Meadow, Dirk Gevers, Katherine P. Lemon, Brendan J. M. Bohannon, Curtis Huttenhower. Identifying personal microbiomes using metagenomics codes, *PNAS*, online May 11, 2015.
22. Turnbaugh PJ, Backhed F, Fulton L, Gordon JI. Diet-induced obesity is linked to marked but reversible alterations in the mouse distal gut microbiome. *Cell Host Microbe* 2008;3:213-23.
23. Ley, R.E.; Turnbaugh, P.J.; Klein, S.; Gordon, J.I. Microbial ecology: Human gut microbes associated with obesity. *Nature* 2006, 444, 1022–1023.
24. Schoenaker DA, Toeller M, Chaturvedi N, Fuller JH, Soedamah-Muthu SS. EURODIAB prospective complications study group. Dietary saturated fat and fibre and risk of cardiovascular disease and all-cause mortality among type 1 diabetic patients: the EURODIAB prospective complications study. *Diabetologia*. 2012;55:2132- 2141.
25. Cani PD, Neyrinck AM, Fava F, et al. Selective increases of bifidobacteria in gut microflora improve high-fat-diet-induced diabetes in mice through a mechanism associated with endotoxaemia. *Diabetologia*. 2007;50:2374 -2383.
26. Turnbaugh PJ, Backhed F, Fulton L, Gordon JI. Diet-induced obesity is linked to marked but reversible alterations in the mouse distal gut microbiome. *Cell Host and Microbe* 2008;3:213–23.
27. Wu GD, Chen J, Hoffmann C, Bittinger K, Chen YY, et al. Linking long-term dietary patterns with gut microbial enterotypes. *Science* 2011;334:105–8. doi:10.1126/science.1208344.
28. Tan J, McKenzie C, Potamitis M, Thorburn A, Mackay C, Macia L. The role of short-chain fatty acids in health and disease. *Adv Immunol* 2014;121:91–119.
29. Rossi, M., Corradini, C., Amaretti, A., Nicolini, M., Pompei, A., Zanoni, S., & Matteuzzi, D. (2005). Fermentation of Fructooligosaccharides and Inulin by Bifidobacteria: a Comparative Study of Pure and Fecal Cultures. *Applied and Environmental Microbiology*, 71(10), 6150–6158.
30. Corman ML, *Colon and Rectal Surgery*, 5th Edition, p.34.

31. Xu J, Gordon JI. Honor thy symbionts. *Proceedings of the National Academy of Sciences of the USA* 2003;100(18):10452-9.
32. Bergman E. N. 1990. Energy contributions of volatile fatty acids from the gastrointestinal tract in various species. *Physiol. Rev.* 70: 567–590.
33. Semova I, Carten JD, Stombaugh J, et al. Microbiota regulate intestinal absorption and metabolism of fatty acids in the zebrafish. *Cell Host and Microbe* 2012;12: 277–88.
34. Mullin GE. *The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!*. Rodale Wellness. 2017.
35. Ilan Y. Leaky gut and the liver: a role for bacterial translocation in nonalcoholic steatohepatitis. *World Journal of Gastroenterology* 2012;18:2609–18.
36. Mathur R, Amichai M, Chua KS, Mirocha J, Barlow GM, Pimental M. Methane and hydrogen positivity on breath test is associated with great body mass index and body fat. *Journal of Clinical Endocrinology and Metabolism* 2013;98: E698–E702.
37. Soifer LO, Peralta D, Dima G, Besasso H. Comparative clinical efficacy of a probiotic vs. an antibiotic in the treatment of patients with intestinal bacterial overgrowth and chronic abdominal functional distension: a pilot study. *Acta Gastroenterol Latinoam* 2010;40:323–327.
38. Krajicek EJ, Hansel SL. Small Intestinal Bacterial Overgrowth: A Primary Care Review. *Mayo Clin Proc.* 2016 Dec;91(12):1828-1833.
39. Carabotti, M., Scirocco, A., Maselli, M. A., & Severi, C. (2015). The gut-brain axis: interactions between enteric microbiota, central and enteric nervous systems. *Annals of gastroenterology*, 28(2), 203-209.
40. Mayer, E. A., Tillisch, K., & Gupta, A. (2015). Gut/brain axis and the microbiota. *The Journal of clinical investigation*, 125(3), 926-38.
41. Galland, L. (2014). The Gut Microbiome and the Brain. *Journal of Medicinal Food*, 17(12), 1261–1272.
42. Evrensel, A., & Ceylan, M.E. (2015). Bağırsak Beyin Eksenini: Psikiyatrik Bozukluklarda Bağırsak Mikrobiyotasının Rolü. *Psikiyatride Güncel Yaklaşımlar-Current Approaches in Psychiatry* 2015; 7(4):461-472.
43. Cani PD, Hoste S, Guiot Y, Delzenne NM. Dietary non-digestible carbohydrates promote L-cell differentiation in the proximal colon of rats. *British Journal of Nutrition* 2007;98:32–37.
44. Reinhardt C, Reigstad CS, Backhed F. Intestinal microbiota during infancy and its implications for obesity. *Journal of Pediatric Gastroenterology and Nutrition* 2009;48:249–56.
45. Holst JJ. Glucagon and glucagon-like peptides 1 and 2. *Results and Problems in Cell Differentiation* 2010;50:121–35.
46. Round JL, Mazmanian SK. The gut microbiota shapes intestinal immune responses during health and disease. *Nat Rev Immunol.* 2009;9:313–323.

6. Bölüm Kaynakları

1. Bischoff, S. C., Barbara, G., Buurman, W., Ockhuizen, T., Schulzke, J. D., Serino, M., Tilg, H., Watson, A., ... Wells, J. M. (2014). Intestinal permeability--a new target for disease prevention and therapy. *BMC gastroenterology*, 14, 189.
2. Fasano, A. (2012). Zonulin, regulation of tight junctions, and autoimmune diseases. *Annals of the New York Academy of Sciences*, 1258(1), 25-33.
3. Fasano A. (2011). Zonulin and its regulation of intestinal barrier function: the biological door to inflammation, autoimmunity, and cancer. *Physiol Rev.*, 91(1):151-75.
4. Sturgeon C., Fasano A. (2016). Zonulin, a regulator of epithelial and endothelial barrier functions, and its involvement in chronic inflammatory diseases. *Tissue Barriers.* 21;4(4):e1251384.
5. Fasano A. (2012). Intestinal permeability and its regulation by zonulin: diagnostic and therapeutic implications. *Clin Gastroenterol Hepatol.* 10(10):1096-100.
6. Dulantha Ulluwishewa Rachel C. Anderson Warren C. McNabb Paul J. Moughan Jerry M. Wells Nicole C. Roy (2011). Regulation of Tight Junction Permeability by Intestinal Bacteria and Dietary Components. *The Journal of Nutrition*, 141 (5), 769–776.

7. Sander G.R., Cummins A.G., Henshall T., Powell B.C. (2005). Rapid disruption of intestinal barrier function by gliadin involves altered expression of apical junctional proteins. *FEBS Lett.* 579 (21), 4851-5.
8. Anna Sapone, et al. (2011) Divergence of gut permeability and mucosal immune gene expression in two gluten-associated conditions: celiac disease and gluten sensitivity. *BMC Medicine*, 9:23, 1741-7015.
9. Spruss A., Bergheim I. (2009). Dietary fructose and intestinal barrier: potential risk factor in the pathogenesis of nonalcoholic fatty liver disease. *J Nutr Biochem*, 20(9):657-62.
10. Groschwitz K. R., & Hogan S. P. (2009). Intestinal barrier function: molecular regulation and disease pathogenesis. *The Journal of allergy and clinical immunology*, 124(1), 3-20; quiz 21-2.
11. Bjarnason I, Takeuchi K. (2009). Intestinal permeability in the pathogenesis of NSAID-induced enteropathy. *J Gastroenterol.* 44(Suppl 19):23–29.
12. Ferrier L, Berard F, Debrauwer L, Chabo C, Langella P, Bueno L, et al. (2006). Impairment of the intestinal barrier by ethanol involves enteric microflora and mast cell activation in rodents. *Am J Pathol.* 168:1148–54.
13. Skrovanek, S., DiGuilio, K., Bailey, R., Huntington, W., Urbas, R., Mayilvaganan, B., Mercogliano, G., ... Mullin, J. M. (2014). Zinc and gastrointestinal disease. *World journal of gastrointestinal pathophysiology*, 5(4), 496-513.
14. Lima A.A., Soares A.M., Lima N.L., Mota R.M., Maciel B.L., Kvalsund M.P., Barrett L.J., Fitzgerald R.P., Blaner W.S., Guerrant R.L. Effects of vitamin A supplementation on intestinal barrier function, growth, total parasitic, and specific *Giardia* spp. infections in Brazilian children: A prospective randomized, double-blind, placebo-controlled trial. *J. Pediatr Gastroenterol. Nutr.* 2010;50:309–315.
15. Hietbrink F., Besselink M. G., Renooij W., de Smet M. B., Draisma A., van der Hoeven H., et al. (2009). Systemic inflammation increases intestinal permeability during experimental human endotoxemia. *Shock* 32 374–378.
16. Konturek PC, Brzozowski T, Konturek SJ. Stress and the gut: pathophysiology, clinical consequences, diagnostic approach and treatment options. *J Physiol Pharmacol.* 2011;62:591–599.
17. Yamaguchi, N., Sugita, R., Miki, A., Takemura, N., Kawabata, J., Watanabe, J., & Sonoyama, K. (2006). Gastrointestinal *Candida* colonisation promotes sensitisation against food antigens by affecting the mucosal barrier in mice. *Gut*, 55(7), 954-60.
18. Mokka K., R yti  H., Munukka E., Pietil  S., Ekblad U., R nnemaa T., et al. (2016). Gut microbiota richness and composition and dietary intake of overweight pregnant women are related to serum zonulin concentration, a marker for intestinal permeability. *J. Nutr.* 146 1694–1700.
19. Cani PD, Rodrigo B, Knauf C, Waget A, Neyrinck AM, Delzenne NM. et al. (2008). Changes in gut microbiota control metabolic endotoxemia-induced inflammation in high-fat diet-induced obesity and diabetes in mice. *Diabetes.* 57(6):1470-81.
20. Berkes, J., Viswanathan, V. K., Savkovic, S. D., & Hecht, G. (2003). Intestinal epithelial responses to enteric pathogens: effects on the tight junction barrier, ion transport, and inflammation. *Gut*, 52(3), 439-51.
21. Amieva, M. R., Vogelmann, R., Covacci, A., Tompkins, L. S., Nelson, W. J., & Falkow, S. (2003). Disruption of the epithelial apical-junctional complex by *Helicobacter pylori* CagA. *Science (New York, N.Y.)*, 300(5624), 1430-4.
22. Wilairatana P1, Meddings JB, Ho M, Vannaphan S, Loareesuwan S. (1997). Increased gastrointestinal permeability in patients with *Plasmodium falciparum* malaria. *Clin Infect Dis.* 24(3):430-5.

7. B l m Kaynakları

1. Mann T, Tomiyama AJ, Westling E, Lew AM, Samuels B, Chatman J. (2007). Medicare’s search for effective obesity treatments: diets are not the answer. *American Psychologist.* 62, 220–233.
2. Colmers W.F. (2013). If there is a weight set point, how is it set? *Canadian Journal of Diabetes* 37(Suppl 2), S250.
3. Fothergill E, Guo J, Howard L, et al. (2016). Persistent Metabolic Adaptation 6 Years After “The Biggest Loser” Competition. *Obesity (Silver Spring).* 24(8),1612-9.
4. Ford ES, Dietz WH. (2013). Trends in energy intake among adults in the United States: findings from NHANES. *American Journal of Clinical Nutrition.* 97, 848–53.

5. Cani PD, Amar J, Iglesias MA, Poggi M, Knauf C, Bastelica D, Neyrinck AM, Fava F, Tuohy KM, Chabo C, Waget W, Delmée E, Cousin B, Sulpice T, Chamontin B, Ferrières J, Tanti J-F, Gibson GR, Casteilla L, Delzenne NM, Alessi MC, Burcelin R. Metabolic Endotoxemia Initiates Obesity and Insulin Resistance. *American Diabetes Association*. 2007;56: 1761-1772.
6. Ley RE, Bäckhed F, Turnbaugh P, Lozupone CA, Knight RD, Gordon JI. Obesity alters gut microbial ecology. *Proceedings of the National Academy of Sciences of the United States of America*. 2005;102:11070- 75.
7. Kang D-W, Park JG, Ilhan ZE, Wallstrom G, LaBaer J, Adams JB, Krajmalnik-Brown R. Reduced Incidence of *Prevotella* and Other Fermenters in Intestinal Microflora of Autistic Children. *Plos One*. 2013;8:e68322.
8. Wu G., Bushman F., Lewis J. Diet, the human gut microbiota, and IBD. *Anaerobe*. 2013;24:117–20.
9. Blaser MJ. *Missing Microbes*. New York: Henry Holt & Co, 2014.
10. Bailey LC, Forrest CB, Zhang P, Richards TM, Livshits A, DeRusso PA. Association of antibiotics in infancy with early childhood obesity. *JAMA Pediatrics* 2014; 168(11):1063–69.

8. Bölüm Kaynakları

1. Karaçıl, M.Ş., Tek, N.A. Dünyada Üretilen Fermente Ürünler: Tarihsel Süreç ve Sağlık İle İlişkileri. *Uludağ Üniversitesi Ziraat Fakültesi Dergisi*, 2013, 27 (2): 163-173.
2. An Introduction to the Traditional Fermented Foods and Beverages of Turkey. *Critical Reviews in Food Science and Nutrition*;51; 248-260, 2011.
3. Seçkin A.K, Baladura E. Süt ve Süt Ürünlerinin Fonksiyonel Özellikleri, *C. B. Ü Fen Bilimler Dergisi*; 7 (1); 27-38, 2011.
4. Salminen, S, Wright A. Current probiotics-safety assured? *Microbial. Ecol. Health Dis.* ;10; 68-77, 1998.
5. Tamang JP. Kailasapathy K (ed). Diversity of Fermented Foods. In: *Fermented Foods and Beverages of the World*, United States of America: CRC Press Newyork: pp. 41-84, 2010.
6. Samur, Z. Fermente Ürünlerin Tüketim Sıklığı ve Hijyen Farkındalığı, *Medipol Üniversitesi, İstanbul*, 2016.
7. Tamime, A.Y., 1978, The production of yoghurt and concentrated yoghurt from hydrolysed milk. *Cultured Dairy Products Journal*, 13 (3): 16-21
8. Farnworth, E.R., 2008, *Handbook of Fermented Functional Foods*, Second Edition, CRC Press Taylor & Francis Group, Boca Raton, London, New York.
9. Kurmann, J.A., Rasic, J.L. and Kroger, M., 1992, *Encyclopedia of Fermented Fresh Milk Products*. Published by Van Nostrand Reinhold, New York, 156-161.
10. Koroleva, N.S., 1988, *Technology of Kefir and Kumys*. *Science and Technology of Fermented Milks*. *Bulletin of IDF* 227.
11. Fuquay, J.W., Fox, P.F., McSweeney, P.L.H., 2011, *Encyclopedia of Dairy Sciences*. Second Edition, Academic Press is an imprint of Elsevier, 32 Jamestown Road, London NW1 7BY, UK, 470-533.
12. Oysun, G., 1990, Süt ve Ürünlerinin Diyetetik ve Terapötik Özellikleri. *Gıda*, (15)5: 229-304.
13. Keszei, A.P.; Schouten, L.J.; Goldbohm, A.; van den Brandt, P.A. Dairy intake and the risk of bladder cancer in the Netherlands cohort study on diet and cancer. *Am. J. Epidemiol.* 2009, 171, 436–446.
14. Sönedstedt, E.; Wirfält, E.; Wallstrom, P.; Gullberg, B.; Orho-Melander, M.; Hedblad, B. Dairy products and its association with incidence of cardiovascular disease: The Malmö diet and cancer cohort. *Eur. J. Epidemiol.* 2011, 26, 609–618.
15. Ghosh, D.; Chattorai, D.K.; Chattopadhyay, P. Studies on changes in microstructure and proteolysis in cow and soy milk curd during fermentation using lactic cultures for improving protein bioavailability. *J. Food Sci. Technol.* 2013, 50, 979–985.
16. Mazlyn, M.M.; Nagarajah, L.H.; Fatimah, A.; Norimah, A.K.; Goh, K.L. Effects of a probiotic fermented milk on functional constipation: A randomized, double-blind, placebo-controlled study. *J. Gastroenterol. Hepatol.* 2013, 28, 1141–1147.
17. Yurdakök, M. Yoğurdun Öyküsü, *Probiyotiklerin Tarihi*. *Çocuk Sağlığı Dergisi*. 56:43-60, 2013.
18. Campeotto, F.; Suau, A.; Kapel, N.; Magne, F.; Viallon, V.; Ferraris, L.; Waligora-Dupriet, A.J.; Soulaines, P.; Leroux, B.; Kalach, N.; et al. A fermented formula in pre-term infants: Clinical tolerance, gut microbiota, down-regulation of faecal calprotectin and up-regulation of faecal secretory IgA. *Br. J. Nutr.* 2011, 105, 1843–1851.

19. Makino, S.; Ikegami, S.; Kume, A.; Horiuchi, H.; Sasaki, H.; Orii, N. Reducing the risk of infection in the elderly by dietary intake of yoghurt fermented with *Lactobacillus delbrueckii* ssp. *bulgaricus* OLL1073R-1. *Br. J. Nutr.* 2010, 104, 998–1006.
20. Sharafedinov, K.K.; Plotnikova, O.A.; Alexeeva, R.I.; Sentsova, T.B.; Songisepp, E.; Stsepetova, J.; Smidt, I.; Mikelsaar, M. Hypocaloric diet supplemented with probiotic cheese improves body mass index and blood pressure indices of obese hypertensive patients—A randomized double-blind placebo-controlled pilot study. *Nutr. J.* 2013, 12, 138.
21. Asemi, Z.; Samimi, M.; Tabassi, Z.; Naghibi Rad, M.; Rahimi Froushani, A.; Khorammian, H.; Esmailzadeh, A. Effect of daily consumption of probiotic yoghurt on insulin resistance in pregnant women: A randomized controlled trial. *Eur. J. Clin. Nutr.* 2013, 67, 71–74.
22. Granfeldt, Y.E.; Björck, I.M. A bilberry drink with fermented oatmeal decreases postprandial insulin demand in young healthy adults. *Nutr. J.* 2011, 10, 57.
23. O'Connor, L.M.; Lentjes, M.A.; Luben, R.N.; Khaw, K.T.; Wareham, N.J.; Forouhi, N.G. Dietary dairy product intake and incident type 2 diabetes: A prospective study using dietary data from a 7-day food diary. *Diabetologia* 2014, 57, 909–917.
24. Özden, A. (2013). Probiyotik "Sağlıklı Yaşam İçin Yararlı Dost Bakteriler". *Güncel Gastroenteroloji*. 17 (1), 22-38.
25. Boudraa, G., M. Benbouabdellah, W. Hachelaf, M. Boisset, J. F. Desjeux, and M. Touhami. 2001. Effect of feeding yogurt versus milk in children with acute diarrhea and carbohydrate malabsorption. *Journal of Pediatric Gastroenterology and Nutrition* 33: 307–313.
26. Meydani, S. N., W. K. Ha. (2000). Immunologic effects of yogurt. *American Journal of Clinical Nutrition* 71: 861–872.
27. Tremblay A, Doyon C Sanchez M., 2015, Impact of Yogurt on Appetite Control, Energy Balance, and Body Composition. *Nutr Rev.* Aug;73 Suppl 1:23-7.
28. Wang H., 2013, Yogurt Consumption is Associated With Better Diet Quality and Metabolic Profile in American Men and Women, *Nutr Res.* Jan;33(1):18-26.
29. Pala V, Sieri S., 2011, Yogurt Consumption and Risk of Colorectal Cancer in The Italian European Prospective Investigation into Cancer and Nutrition Cohort, *Int. J. Cancer*: 129, 2712– 2719.
30. cdc.gov/media/releases/2014/a1210-raw-milk.xhtml
31. Guzel-Seydim, Z.B., Kok-Tas, T., Greene, A.K., 2010. Kefir and koumiss: microbiology and technology. In: Yildiz, F. (Ed.), *Development and Manufacture of Yogurt and Other Functional Dairy Products*. CRC Press, Boca Raton, pp. 143–163.
32. Lopitz-Otsoa, F., Rementeria, A., Elguezal, N., Garaizar, J., 2006. Kefir: a symbiotic yeast-bacteria community with alleged healthy capabilities. *Revista Iberoamericana de Micología* 23, 67–74.
33. Leite, A.M., Leite, D.C., Del Aguila, E.M., Alvares, T.S., Peixoto, R.S., Miguel, M.A., Silva, J.T., Paschoalin, V.M., 2013a. Microbiological and chemical characteristics of Brazilian kefir during fermentation and storage processes. *Journal of Dairy Science* 96, 4149–4159.
34. Stepaniak, L., Fetiński, A., 2003. Kefir. In: Roginski, H., Fuquay, J.W., Fox, P.F. (Eds.), *Encyclopedia of Dairy Science*. Academic Press, London, pp. 1049–1054.
35. Kesenkaş, H., Yerlikaya, O., Özer, E., 2013. A functional milk beverage: Kefir. *Agro Food Industry Hi-Tech* 24, 53–55.
36. Farnworth, E.R. 2003. *Handbook of Fermented Functional Foods*. Food Research and Development Centre, Agriculture and Agri-Food Canada, pp. 251–275. Boca Raton, FL: CRC Press.
37. Rizk, S., Maalouf, K., Nasser, H., El-Hayek, S., 2013. The proapoptotic effect of kefir in malignant T-lymphocytes involves a p53 dependent. *Clinical Lymphoma Myeloma* 13 (Supplement 2), 367.
38. Maalouf, K., Baydoun, E., Rizk, S., 2011. Kefir induces cell-cycle arrest and apoptosis in HTLV-1-negative malignant T-lymphocytes. *Cancer Management Research* 3, 39–47.
39. Liu, J.R., Wang, S.-Y., Lin, Y.Y., Lin, C.W., 2002. Antitumor activity of milk and soy milk kefir in tumor-bearing mice. *Nutrition and Cancer* 44, 182–187.
40. Cenesiz, S., Devrim, A.K., Kamber, U., Sozmen, M., 2008. The effect of kefir on glutathione (GSH), malondialdehyde (MDA) and nitric oxide (NO) levels in mice with colonic abnormal crypt formation (ACF) induced by azoxymethane (AOM). *Dtsch Tierarztl Wochenschr* 115, 15–19.

41. Sarkar, S., 2007. Potential of kefir as a dietetic beverage—A review. *British Journal of Nutrition* 109, 280–290.
42. Ahmed, Z., Wang, Y., Ahmad, A., Khan, S.T., Nisa, M., Ahmad, H., Afreen, A., 2013. Kefir and health: a contemporary perspective. *Critical Reviews in Food Science and Nutrition* 53, 422–434.
43. Karagözü, C., Kavas, G., 2000. Alkollü fermente süt içecekleri: Ke r ve kırmızın özellikleri ile insan beslenmesindeki önemi. *Dünya Gıda*, 6(7): 86-93.
44. de Oliveira Leite AM, Miguel MA, Peixoto RS, Rosado AS, Silva JT, Paschoalin VM. Microbiological, technological and therapeutic properties of kefir: a natural probiotic beverage. *Brazilian Journal of Microbiology* 2013;44:341–49.
45. Bourrie, B. C. T., Willing, B. P., & Cotter, P. D. (2016). The Microbiota and Health Promoting Characteristics of the Fermented Beverage Kefir. *Frontiers in Microbiology*, 7, 647.
46. Köroğlu, Ö., Bakır, E., Uludağ, G., Köroğlu, S. Dayısoylu, K.S. Kefir ve Sağlık. *KSÜ Doğa Bil. Deg.* 18(1), 2015.
47. Todorov, S. D. (2010). Diversity of bacteriocinogenic lactic acid bacteria isolated from boza, a cereal-based fermented beverage from Bulgaria. *Food Control*, 21, 1011–1021.
48. Todorov, S. D., Botes, M., Guigas, C., Schillinger, U., Wiid, I., Wachsman, M. B., et al. (2008). Boza, a natural source of probiotic lactic acid bacteria. *Journal of Applied Microbiology*, 104, 465–477.
49. Arici, M., & Dagioglu, O. (2002). Boza: a lactic acid fermented cereal beverage as a traditional Turkish food. *Food Reviews International*, 18, 39–48.
50. Yegin, S., & Uren, A. (2008). Biogenic amine content of boza: a traditional cereal-based, fermented Turkish beverage. *Food Chemistry*, 111, 983–987.
51. Köse, E., & Yücel, U. (2003). Chemical composition of Boza. *Journal of Food Technology*, 1, 191–193.
52. Yılmaz, L., Kurdal, E. Eskimeyen Bir Süt İçkisi: Kırmız. *Gıda ve Yem Bilimi-Teknolojisi*, 2002, 1.
53. Li N, Russell WM, Douglas-Escobar M, et al. Live and heat-killed *Lactobacillus rhamnosus* GG: effects on proinflammatory and anti-inflammatory cytokines/chemokines in gastrostomy-fed infant rats. *Pediatr Res.* 2009;66:203-207.
54. Shinkai S, Toba M, Saito T, et al. Immunoprotective effects of oral intake of heat-killed *Lactobacillus pentosus* strain b240 in elderly adults: a randomised, double-blind, placebo-controlled trial. *Br J Nutr* 2013;109:1856–65.
55. Di Cerbo A, et al. Mechanisms and therapeutic effectiveness of lactobacilli. *J Clin Pathol* 2016;69:187–203.
56. Kabak, B., Dobson, A.D.W., 2011. An introduction to the traditional fermented foods and beverages of Turkey. *Critical Reviews in Food Science and Nutrition* 51, 248–260.
57. Peres, C.M., Peres, C., Hernandez-Mendoza, A., Malcata, F.X., 2012. Review on fermented plant materials as carriers and sources of potentially probiotic lactic acid bacteria – with an emphasis on table olives. *Trends in Food Science & Technology* 26, 31–42.
58. Divya, J.B., Varsha, K.K., Nampoothiri, K.M., Ismail, B., Pandey, A., 2012. Probiotic fermented foods for health benefits. *Engineering in Life Sciences* 4, 377–390.
59. Rastall, R.A., Gibson, G.R., Gill, H.S., Guarner, F., Klaenhammer, T.R., Pot, B., Reid, G., Rowland, I.R., Sanders, M.E., 2005. Modulation of the microbial ecology of the human colon by probiotics, prebiotics and synbiotics to enhance human health: an overview of enabling science and potential applications. *FEMS Microbiology Ecology* 52, 145–152.
60. Vossen, P., 2007. Olive oil: history, production, and characteristics of the world's classic oils. *Hortscience* 42 (5), 1093–1100.
61. Peres, C.M., Alves, M., Hernandez-Mendoza, A., Moreira, L., Silva, S., Bronze, M.R., Villa-Boas, L., Peres, C., Malcata, F.X., 2014. Novel isolates of lactobacilli from fermented Portuguese olive as potential probiotics. *LWT-Food Science and Technology* 59 (1), 234–246.
62. Soomro, A.H., Masud, T., Answer, K., 2002. Role of lactic acid bacteria in food preservation and human health – a review. *Pakistan Journal of Nutrition* 1, 20–24.
63. Viljoen, B.C., 2006. Yeast ecological interactions – yeast-yeast, yeast-bacteria, yeast-fungi interactions and yeasts as biocontrol agents. *Yeasts in Food and Beverages* 2, 83–110.

64. Bautista-Gallego, J., Arroyo-Lopez, F.N., Rantsiou, K., Jimenez-Diaz, R., Garrido-Fernandez, A., Cocolin, L., 2013. Screening of lactic acid bacteria isolated from fermented table olives with probiotic potential. *Food Research International* 50 (1), 135–142.
65. Martinez, M.G., Poole, N., 2004. The development of private fresh produce safety standards: implications for developing Mediterranean exporting countries. *Food Policy* 29 (3), 229–255.
66. Patel, A., Shah, N., Prajapati, J.B., 2014. Clinical application of probiotics in the treatment of *Helicobacter pylori* infection-A brief review. *Journal of Microbiology Immunology and Infection* 47 (5), 429–437.
67. Solieri, L., Giudici, P., 2009. Vinegars of the world. In: Solieri, L., Giudici, P. (Eds.), *Vinegars of the World*. Springer-Verlag, Milan, pp. 1–16.
68. Murooka, Y., Yamshita, M., 2008. Traditional healthful fermented products of Japan. *Journal of Industrial Microbiology and Biotechnology* 35, 791–798.
69. Johnston, C.S., 2009. Medicinal uses of vinegar. In: *Complementary and Alternative Therapies and the Aging Population*. Elsevier, Amsterdam, pp. 433–443.
70. Johnston, C.S., Kim, C.M., Buller, A.J., 2004. Vinegar improves insulin sensitivity to a high-carbohydrate meal in subjects with insulin resistance or type 2 diabetes. *Diabetes Care* 27, 281–282.
71. Liatis, S., Grammatikou, S., Poulia, K.-A., Perrea, D., Makrilakis, K., Diakoumopoulou, E., Katsilambros, N., 2010. Vinegar reduces postprandial hyperglycaemia in patients with type II diabetes when added to a high, but not to a low, glycaemic index meal. *European Journal of Clinical Nutrition* 64, 727–732.
72. Johnston, C.S., Steplewska, I., Long, C.A., Harris, L.N., Ryals, R.H., 2010. Examination of the antiglycemic properties of vinegar in healthy adults. *Annals of Nutrition and Metabolism* 56, 74–79.
73. Johnston, C.S., Quagliano, S., White, S., 2013. Vinegar ingestion at mealtime reduced fasting blood glucose concentrations in healthy adults at risk for type 2 diabetes. *Journal of Functional Foods* 5, 2007–2011.
74. Petsiou, E.I., Mitrou, P.I., Raptis, S.A., Dimitriadis, G.D., 2014. Effect and mechanisms of action of vinegar on glucose metabolism, lipid profile, and body weight. *Nutrition Reviews* 72, 651–661.
75. Mas, A., Troncoso, A.M., García-Parrilla, M.C., Torija, M.J., 2015. Vinegar. In: Caballero, B., Finglas, P., Toldrá, F. (Eds.), *Encyclopedia of Food and Health*, vol. 5. Academic Press, Oxford, pp. 418–423.
76. Islam, M.S., Choi, H., 2009. Antidiabetic effect of Korean traditional baechu (Chinese cabbage) kimchi in a type 2 diabetes model of rats. *Journal of Medicinal Food* 12, 292–297.
77. Karaçıl, Ş.M., Tek A.N. Dünya Üzerine Fermente Ürünler: Tarihsel Süreç ve Sağlık İlişkileri. *U.Ü. Ziraat Fakültesi Dergisi*, 27 (2): 163-173, 2013.
78. Beganović, J., Kos, B., Leboš Pavunc, A., Uroić, K., Jokić, M., Šuškić, J., 2014. Traditionally produced sauerkraut as source of autochthonous functional starter cultures. *Microbiological Research* 169, 623–632.
79. Khasanah, Y., Ratnayani, A.D., Angwar, M., Nuraeni, T., 2015. In vivo study on albumin and total protein in white rat (*Rattus Norvegicus*) after feeding of enteral formula from tempe and local food. *Procedia Food Science* 3, 274–279.
80. Soka, S., Suwanto, A., Sajuthi, D., Rusmana, I., 2014. Impact of tempeh supplementation on gut microbiota composition in Sprague-Dawley rats. *Research Journal of Microbiology* 9, 189–198.
81. Hitosugi, M., Hamada, K., Misaka, K., 2015. Effects of *Bacillus subtilis* var. natto products on symptoms caused by blood flow disturbance in female patients with lifestyle diseases. *International Journal of General Medicine* 8, 41–46.
82. Nout, M.J.R., Kiers, J.L., 2005. Tempe fermentation, innovation and functionality: update into the third millennium. *Journal of Applied Microbiology* 98, 789–805.
83. Watanabe, H., 2013. Beneficial biological effects of miso with reference to radiation injury, cancer and hypertension. *Journal of Toxicologic Pathology* 26, 91–103.
84. Willcox, D.C., Willcox, B.J., Todoriki, H., Suzuki, M., 2009. The Okinawan diet: health implications of a low-calorie, nutrient-dense, antioxidant-rich dietary pattern low in glycemic load. *Journal of the American College of Nutrition* 28 (Suppl.), 500S–516S.

9. Bölüm Kaynakları

1. Coşkun, T (eds. Kara, A, Coşkun, T.). *Prebiyotikler. Teoriden Kliniğe Prebiyotikler ve Probiyotikler*, Akademi Yayınevi, 2014.

2. Gibson GR, Roberfroid MB. Dietary modulation of human colonic microbiota: Introducing the concept of prebiotics. *J Nutr* 1995; 125: 1401-12
3. Gibson GR, Hutkins R, Sanders ME, Prescott SL, Reimer RA, Salminen SJ, Scott K, Stanton C, Swanson KS, Cani PD, Verbeke K, Reid G. 2017. Expert consensus document: the International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nat Rev Gastroenterol Hepatol* 14:491–502.
4. Gibson GR. Prebiotics. *Best Pract Res Clin Gastroenterol* 2004; 18: 287- 98.
5. Sousa V., Santos E., Sgarbieri V, The Importance of Prebiotics in Functional Foods and Clinical Practice, *Food and Nutrition Sciences*, Vol. 2 No. 2, 2011, pp. 133-144.
6. Niness KR. Inulin and oligofructose: what are they? *J Nutr*. 1999 Jul;129(7 Suppl):1402S-6S.
7. González-Castejón M, Visioli F, Rodríguez-Casado A. Diverse biological activities of dandelion. *Nutr Rev*. 2012 Sep;70(9):534-47.
8. Clare BA, Conroy RS, Spelman K. The diuretic effect in human subjects of an extract of *Taraxacum officinale* folium over a single day. *J Altern Complement Med*. 2009 Aug;15(8):929-34.
9. Barszcz M, Taciak M, Skomial J. The effects of inulin, dried Jerusalem artichoke tuber and a multispecies probiotic preparation on microbiota ecology and immune status of the large intestine in young pigs. *Arch Anim Nutr*. 2016 Aug;70(4):278-92.
10. Samal L, Chaturvedi VB, Saikumar G, Somvanshi R, Pattanaik AK. Prebiotic potential of Jerusalem artichoke (*Helianthus tuberosus* L.) in Wistar rats: effects of levels of supplementation on hindgut fermentation, intestinal morphology, blood metabolites and immune response. *J Sci Food Agric*. 2015 Jun;95(8):1689-96.
11. Ning Zhang, Xuesong Huang, Yanhua Zeng, Xiyang Wu, Xichun Peng. Study on prebiotic effectiveness of neutral garlic fructan in vitro. *Food Science and Human Wellness* 2 (2013) 119–123.
12. Corzo-Martínez M. et al. Biological properties of onions and garlic. *Trends in Food Science & Technology*, 18 (2007) 609-625.
13. Kumar VP, Prashanth KV, Venkatesh YP. *Carbohydr Polym*. 2015 Mar 6;117:115-22. Structural analyses and immunomodulatory properties of fructo-oligosaccharides from onion (*Allium cepa*).
14. Kolida S, Tuohy K, Gibson GR. Prebiotic effects of inulin and oligofructose. *Br J Nutr*. 2002 May;87 Suppl 2:S193-7.
15. Roberfroid MB. Introducing inulin-type fructans. *Br J Nutr*. 2005 Apr;93 Suppl 1:S13-25.
16. Kristensen, M., Jensen, M. G., Aarestrup, J., Petersen, K. E., Søndergaard, L., Mikkelsen, M. S., & Astrup, A. (2012). Flaxseed dietary fibers lower cholesterol and increase fecal fat excretion, but magnitude of effect depend on food type. *Nutrition & Metabolism*, 9, 8.
17. Thakur G, Mitra A, Pal K, Rousseau D. Effect of flaxseed gum on reduction of blood glucose and cholesterol in Type 2 diabetic patients. *Int J Food Sci Nutr*. 2009;60(Suppl 6):126–136.
18. Giampieri F, José M, Alvarez-Suarez JM, Battino M: Strawberry and human health: effects beyond antioxidant activity. *J Agric Food Chem* 2014, 62:3867-3876.
19. Faria A, Fernandes I, Norberto S, Mateus N, Calhau C: Interplay between anthocyanins and gut microbiota. *J Agric Food Chem* 2014, 62:6898-6902.
20. Mitsou EK, Kougia E, Nomikos T, Yannakoulia M, Mountzouris KC, Kyriacou A. Anaerobe. Effect of banana consumption on faecal microbiota: a randomised, controlled trial. 2011 Dec;17(6):384-7.
21. Ble-Castillo JL, Aparicio-Trápala MA, Francisco-Luria MU, Córdova-Uscanga R, Rodríguez-Hernández A, Méndez JD, et al. Effects of native banana starch supplementation on body weight and insulin sensitivity in obese type 2 diabetics. *Int J Environ Res Public Health* 2010;7:1953-62.
22. Hoover-Plow J, Savesky J, Dailey G. The glycemic response to meals with six different fruits in insulin-dependent diabetics using a home blood-glucose monitoring system, *Am. J Clin Nutr* 1987;45:92-7.
23. Xiang J, Xiang Y, Lin S, Xin D, Liu X, Weng L, Chen T, Zhang M. Anticancer effects of deproteinized asparagus polysaccharide on hepatocellular carcinoma in vitro and in vivo. *Tumour Biol*. 2014 Apr;35(4):3517-24.
24. Lei L, Ou L, Yu X. The antioxidant effect of *Asparagus cochinchinensis* (Lour.) Merr. shoot in D-galactose induced mice aging model and in vitro. *J Chin Med Assoc*. 2016 Apr;79(4):205-11.

25. Arena, M. P., Caggianiello, G., Fiocco, D., Russo, P., Torelli, M., Spano, G., & Capozzi, V. (2014). Barley β -Glucans-Containing Food Enhances Probiotic Performances of Beneficial Bacteria. *International Journal of Molecular Sciences*, 15(2), 3025–3039.
26. Mitsou E.K., Panopoulou N., Turunen K., Spiliotis V., Kyriacou A. Prebiotic potential of barley derived β -glucan at low intake levels: a randomised, double-blinded, placebo-controlled clinical study, *Food Res. Int.* 43 (2010) 1086–1092.
27. Erkkilä AT, Herrington DM, Mozaffarian D, Lichtenstein AH. Cereal fiber and whole-grain intake are associated with reduced progression of coronary-artery atherosclerosis in postmenopausal women with coronary artery disease. *Am Heart J* 2005;150:94–101.
28. Delaney B, Nicolosi RJ, Wilson TA, Carlson T, Frazer S, Zheng GH, Hess R, Ostergren K, Haworth J, Knutson N. Beta-glucan fractions from barley and oats are similarly antiatherogenic in hypercholesterolemic Syrian golden hamsters. *J Nutr.* 2003;133:468–75.
29. Rayman, M.P., 2012. Selenium and human health. *Lancet* 379, 1256–1268.
30. Licht, T.R.; Hansen, M.; Bergström, A.; Poulsen, M.; Krath, B.N.; Markowski, J.; Dragsted, L.O.; Wilcks, A. Effects of apples and specific apple components on the cecal environment of conventional rats: Role of apple pectin. *BMC Microbiol.* 2010, 10, 13.
31. Nagasako-Akazome Y., Kanda T., Ohtake Y., Shimasaki H., Kobayashi T. Apple polyphenols influence cholesterol metabolism in healthy subjects with relatively high body mass index. *Journal of Oleo Science.* 2007;56(8):417–428.
32. Aprikian O, Duclos V, Guyot S, Besson C, Manach C, Bernalier A, Morand C, Rémésy C, Demigné C. Apple pectin and a polyphenol-rich apple concentrate are more effective together than separately on cecal fermentations and plasma lipids in rats. *J Nutr.* 2003;133:1860–1865.
33. Boyer, J., & Liu, R. H. (2004). Apple phytochemicals and their health benefits. *Nutrition Journal*, 3, 5.
34. Li F, Hullar MA, Schwarz Y, Lampe JW. Human gut bacterial communities are altered by addition of cruciferous vegetables to a controlled fruit- and vegetable-free diet. *Journal of Nutrition* 2009;139:1685–91.
35. Macedo LN, Luchese RH, Guerra F, Guimar C. Prebiotic effect of honey on growth and viability of *Bifidobacterium* spp. and *Lactobacillus* spp. in milk. *Ciência e Tecnol Aliment* 2008;28:935–942.
36. Silva JC, Rodrigues S, Feás X, Estevinho LM. Antimicrobial activity, phenolic profile and role in the inflammation of propolis. *Food Chem Toxicol* 2012;50:1790–1795.
37. Das A, Das S, Mukherjee S, Bose S, Ghosh S, Dhar P. Evaluation of antioxidative, antibacterial and probiotic growth stimulatory activities of *Sesamum indicum* honey containing phenolic compounds and lignans. *LWT Food Sci Technol* 2015;61:244–250.
38. Azarpazhooh, E., & Boye, J.I. (2012). Composition of processed dry beans and pulses. In M. Siddiq, & M.A. Uebersax (Eds.), *Dry beans and pulses production, processing and nutrition* (pp. 101–128). Oxford, UK: Blackwell Publishing Ltd.
39. Ha, V., Sievenpiper, J.L., De Souza, R.J., Jayalath, V.H., Mirrahimi, A., Agarwal, A., Chiavaroli, L., Blanco Mejia, S., Sacks, F.M., Di Buono, M., Bernstein, A.M., Leiter, L.A., Kris-Etherton, P.M., Vuksan, V., Bazinet, R.P., Josse, R.G., Beyene, J., Kendall, C.W.C., & Jenkins, D.J.A. (2014). Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction: A systematic review and meta-analysis of randomized controlled trials. *CMAJ*, 186(8), E252–E262.
40. Jayalath, V.H., De Souza, R.J., Sievenpiper, J.L., Ha, V., Chiavaroli, L., Mirrahimi, A., Di Buono, M., Bernstein, A.M., Leiter, L.A., Kris-Etherton, P.M., Vuksan, V., Beyene, J., Kendall, C.W.C., & Jenkins, D.J.A. (2014). Effect of dietary pulses on blood pressure: A systematic review and meta-analysis of controlled feeding trials. *American Journal of Hypertension*, 27(1), 56–64.
41. P. R. Arabbi, "Alimentos Funcionais: Aspectos Gerais," *Nutrire*, Vol. 21, No. 6, 2001, pp. 87-102. [16] A. C. Ouwehand, M. Derrien, W. de Vos, K. Tiihonen and N. Rautonen, "Prebiotics and Other Microbial Substrates for Gut Functionality," *Current Opinion in Biotechnology*, Vol. 16, No. 2, 2005, pp. 212-217.
42. S. Macfarlane, G. T. Macfarlane and J. H. Cummings, "Review Article: Prebiotics in the Gastrointestinal Tract," *Alimentary Pharmacology and Therapies*, Vol. 24, No. 5, 2006, pp. 701-714.
43. M. A. Losada and T. Olleros, "Towards a Healthier Diet for the Colon: The Influence of Fructooligosaccharides and Lactobacilli on Intestinal Health," *Nutrition Research*, Vol. 22, No. 1, 2002, pp. 71-84.

44. X. Wang and G. R. Gibson, "Effects of the In Vitro Fermentation of Oligofructose and Inulin by Bacteria Growing in the Human Large Intestine," *Journal of Applied Bacteriology*, Vol. 75, No. 4, 1993, pp. 373-380.
45. Cummings JH, Christie S, Cole TJ. A study of fructo oligosaccharides in the prevention of travellers' diarrhoea. *Aliment Pharmacol Ther*. 2001 Aug;15(8):1139-45
46. Drakoularakou, A.; Tzortzis, G.; Rastall, R.A.; Gibson, G.R. A double-blind, placebo-controlled, randomized human study assessing the capacity of a novel galacto-oligosaccharide mixture in reducing travellers' diarrhoea. *Eur. J. Clin. Nutr*. 2010, 64, 146–152.
47. Parnell, J.A.; Reimer, R.A. Weight loss during oligofructose supplementation is associated with decreased ghrelin and increased peptide YY in overweight and obese adults. *Am. J. Clin. Nutr*. 2009, 89, 1751–1759.
48. Ohta A, Ohtsuki M, Baba S, Adachi T, Sakata T, Sakaguchi E. Calcium and magnesium absorption from the colon and rectum are increased in rats fed fructooligosaccharides. *J. Nutr*. 1995;125:2417–24.
49. Ohta A, Ohtsuki M, Takizawa T, Inaba H, Adachi T, Kimura S. Effects of fructooligosaccharides on the absorption of magnesium and calcium by cecectomized rats. *Int. J. Vitam. Nutr. Res*. 1994;64:316–23.
50. Tahiri M, Tressol JC, Arnaud J, Bornet F, Bouteloup-Demange C, Feillet-Coudray C, Ducros V, et al. Five-week intake of short-chain fructo-oligosaccharides increases intestinal absorption and status of magnesium in postmenopausal women. *J. Bone Miner. Res*. 2001;16:2152–60.
51. Limburg, P.J.; Mahoney, M.R.; Ziegler, K.L.; Sontag, S.J.; Schoen, R.E.; Benya, R.; Lawson, M.J.; Weinberg, D.S.; Stoffel, E.; Chiorean, M.; et al. Randomized phase II trial of sulindac, atorvastatin, and prebiotic dietary fiber for colorectal cancer chemoprevention. *Cancer Prev. Res. (Phila.)* 2001, 4, 259–269.

10. Bölüm Kaynakları

1. Yoo, J. Y., & Kim, S. S. (2016). Probiotics and Prebiotics: Present Status and Future Perspectives on Metabolic Disorders. *Nutrients*, 8(3), 173.
2. Verna EC, Lucak S Use of probiotics in gastrointestinal disorders: what to recommend? *Therap Adv Gastroenterol*. 2010 Sep; 3(5):307-19.
3. Grant MC, Baker JS. An overview of the effect of probiotics and exercise on mood and associated health conditions. *R Crit Rev Food Sci Nutr*. 2017 Dec 12;57(18):3887-3893.
4. <https://www.efsa.europa.eu/en/efsajournal/pub/3085>.
5. O'Hara, A. M., & Shanahan, F. (2006). The gut flora as a forgotten organ. *EMBO Reports*, 7(7), 688–693.
6. Kim, C. H., Park, J., & Kim, M. (2014). Gut Microbiota-Derived Short-Chain Fatty Acids, T Cells, and Inflammation. *Immune Network*, 14(6), 277–288.
7. Cox AJ, West NP, Cripps AW. Obesity, inflammation, and the gut microbiota. *Lancet Diabetes Endocrinol*. 2015 Mar;3(3):207-15.
8. Gargano LM, Hughes JM. Microbial origins of chronic diseases. *Annu Rev Public Health*. 2014;35:65-82.
9. Tuohy KM, Fava F, Viola R. 'The way to a man's heart is through his gut microbiota'--dietary pro- and prebiotics for the management of cardiovascular risk. *Proc Nutr Soc*. 2014 May;73(2):172-85.
10. Quigley EM. Prebiotics and probiotics; modifying and mining the microbiota. *Pharmacol Res*. 2010 Mar;61(3):213-8.
11. Ritchie ML, Romanuk TN. A meta-analysis of probiotic efficacy for gastrointestinal diseases. *PLoS One*. 2012;7(4):e34938.
12. Johnston BC, Ma SS, Goldenberg JZ, Thorlund K, Vandvik PO, Loeb M, Guyatt GH. Probiotics for the prevention of *Clostridium difficile*-associated diarrhea: a systematic review and meta-analysis. *Ann Intern Med*. 2012 Dec 18;157(12):878-88.
13. Moayyedi P, Ford AC, Talley NJ, et al The efficacy of probiotics in the treatment of irritable bowel syndrome: a systematic review *Gut* 2010;59:325-332.
14. Ghouri YA, Richards DM, Rahimi EF, Krill JT, Jelinek KA, DuPont AW. Systematic review of randomized controlled trials of probiotics, prebiotics, and synbiotics in inflammatory bowel disease. *Clin Exp Gastroenterol*. 2014 Dec 9;7:473-87.
15. Park SH, Kangwan N, Park JM, Kim EH, Hahm KB. Non-microbial approach for *Helicobacter pylori* as faster track to prevent gastric cancer than simple eradication. *World J Gastroenterol*. 2013 Dec 21;19(47):8986-95.

16. Ley RE, Turnbaugh PJ, Klein S, Gordon JI. Microbial ecology: human gut microbes associated with obesity. *Nature*. 2006 Dec 21;444(7122):1022-3.
17. Million M, Lagier JC, Yahav D, Paul M. Gut bacterial microbiota and obesity. *Clin Microbiol Infect*. 2013 Apr;19(4):305-13.
18. Shen J, Obin MS, Zhao L. The gut microbiota, obesity and insulin resistance. *Mol Aspects Med*. 2013 Feb;34(1):39-58.
19. Kadooka Y, Sato M, Ogawa A, Miyoshi M, Uenishi H, Ogawa H, Ikuyama K, Kagoshima M, Tsuchida T. Effect of *Lactobacillus gasseri* SBT2055 in fermented milk on abdominal adiposity in adults in a randomised controlled trial. *Br J Nutr*. 2013 Nov 14;110(9):1696-703.
20. Mekkes MC, Weenen TC, Brummer RJ, Claassen E. The development of probiotic treatment in obesity: a review. *Benef Microbes*. 2014 Mar;5(1):19-28.
21. Sáez-Lara, M. J., Robles-Sanchez, C., Ruiz-Ojeda, F. J., Plaza-Diaz, J., & Gil, A. (2016). Effects of Probiotics and Synbiotics on Obesity, Insulin Resistance Syndrome, Type 2 Diabetes and Non-Alcoholic Fatty Liver Disease: A Review of Human Clinical Trials. *International Journal of Molecular Sciences*, 17(6), 928.
22. Million M, Angelakis E, Paul M, Armougom F, Leibovici L, Raoult D. Comparative meta-analysis of the effect of *Lactobacillus* species on weight gain in humans and animals. *Microb Pathog*. 2012 Aug;53(2):100-8.
23. Bernini L. J., Simão A. N. C., Alfieri D. F., Lozovoy M. A. B., Mari N. L., de Souza C. H., et al. (2016). Beneficial effects of *Bifidobacterium lactis* on lipid profile and cytokines in patients with metabolic syndrome: a randomized trial. *Effects of probiotics on metabolic syndrome*. *Nutrition* 32 716–719.
24. Barreto F.M., Colado Simao A.N., Morimoto H.K., Batisti Lozovoy M.A., Dichi I., Helena da Silva Miglioranza L. Beneficial effects of *Lactobacillus plantarum* on glycemia and homocysteine levels in postmenopausal women with metabolic syndrome (2014) *Nutrition*, 30:(7-8); 939-942.
25. Anderson JW, Gilliland SE. Effect of fermented milk (yogurt) containing *Lactobacillus acidophilus* L1 on serum cholesterol in hypercholesterolemic humans. *J Am Coll Nutr*. 1999;18(1):43–50.
26. Li, C., Li, X., Han, H., Cui, H., Peng, M., Wang, G., & Wang, Z. (2016). Effect of probiotics on metabolic profiles in type 2 diabetes mellitus: A meta-analysis of randomized, controlled trials. *Medicine*, 95(26), e4088.
27. Samah S., Ramasamy K., Lim S.M., Neoh C.F. Probiotics for the management of type 2 diabetes mellitus: A systematic review and meta-analysis. *Diabetes Res. Clin. Pract*. 2016;118:172–182.
28. Sáez-Lara, M. J., Robles-Sanchez, C., Ruiz-Ojeda, F. J., Plaza-Diaz, J., & Gil, A. (2016). Effects of Probiotics and Synbiotics on Obesity, Insulin Resistance Syndrome, Type 2 Diabetes and Non-Alcoholic Fatty Liver Disease: A Review of Human Clinical Trials. *International Journal of Molecular Sciences*, 17(6), 928.
29. Firouzi S, Majid HA, Ismail A, et al. Effect of multi-strain probiotics (multi-strain microbial cell preparation) on glycemic control and other diabetes-related outcomes in people with type 2 diabetes: a randomized controlled trial. *Eur J Nutr* 2017;56:1535–50.
30. Mohamadshahi M., Veissi M., Haidari F., Javid A.Z., Mohammadi F., Shirbeigi E. Effects of probiotic yogurt consumption on lipid profile in type 2 diabetic patients: A randomized controlled clinical trial. *J. Res. Med. Sci*. 2014;19:531–536.
31. Joseph, B., Dhas, B., Hena, V., & Raj, J. (2013). Bacteriocin from *Bacillus subtilis* as a novel drug against diabetic foot ulcer bacterial pathogens. *Asian Pacific Journal of Tropical Biomedicine*, 3(12), 942–946.
32. Mohammad M.A., Molloy A., Scott J., Hussein L. Plasma cobalamin and folate and their metabolic markers methylmalonic acid and total homocysteine among Egyptian children before and after nutritional supplementation with the probiotic bacteria *Lactobacillus acidophilus* in yoghurt matrix. *Int. J. Food Sci. Nutr*. 2006;57:470–480.
33. Jones M.L., Martoni J.C., Prakash S. Oral Supplementation With Probiotic *L. reuteri* NCIMB 30242 Increases Mean Circulating 25-Hydroxyvitamin D: A Post Hoc Analysis of a Randomized Controlled Trial, *The Journal of Clinical Endocrinology & Metabolism*, 2013; 98 (7):2944–2951.
34. Taranto M. P., Vera J. L., Hugenholtz J., De Valdez G. F., Sesma F. (2003). *Lactobacillus reuteri* CRL1098 produces cobalamin. *J. Bacteriol*. 185 5643–5647. 10.1128/JB.185.18.5643-5647.2003.
35. Li P., Zhou Q., Gu Q. Complete genome sequence of *Lactobacillus plantarum* LZ227, a potential probiotic strain producing B-group vitamins. *Biotechnol*. 2016, 20;234:66-70..
36. Moslehi-Jenabian, S., Pedersen, L. L., & Jespersen, L. (2010). Beneficial Effects of Probiotic and Food Borne Yeasts on Human Health. *Nutrients*, 2(4), 449–473.

37. Hoppe, M., Önning, G., Berggren, A., & Hulthén, L. (2015). Probiotic strain *Lactobacillus plantarum* 299v increases iron absorption from an iron-supplemented fruit drink: a double-isotope cross-over single-blind study in women of reproductive age. *The British Journal of Nutrition*, 114(8), 1195–1202.
38. Silva M.R., Dias G., Ferreira C.L., Franceschini S.C., Costa N.M. Growth of preschool children was improved when fed an iron-fortified fermented milk beverage supplemented with *Lactobacillus acidophilus*. *Nutr Res.* 2008;28(4):226-32.
39. Sazawal S., Dhingra U., Hiremath G., Sarkar A., Dhingra P., Dutta A., Menon V.P., Black R.E. Effects of *Bifidobacterium lactis* HN019 and prebiotic oligosaccharide added to milk on iron status, anemia, and growth among children 1 to 4 years old. *J Pediatr Gastroenterol Nutr.* 2010;51(3):341-6.
40. Gohel, M. K., Prajapati, J. B., Mudgal, S. V., Pandya, H. V., Singh, U. S., Trivedi, S. S., ... Patel, R. M. (2016). Effect of Probiotic Dietary Intervention on Calcium and Haematological Parameters in Geriatrics. *Journal of Clinical and Diagnostic Research : JCDR*, 10(4), LC05–LC09.
41. Narva M., Nevala R., Poussa T., Korpela R. (2004). The effect of *Lactobacillus helveticus* fermented milk on acute changes in calcium metabolism in postmenopausal women. *Eur. J. Nutr.* 43 61–68.
42. Bergillos-Meca T., Navarro-Alarcón M., Cabrera-Vique C., Artacho R., Olalla M., Giménez R., Moreno-Montoro M., Ruiz-Bravo A., Laserrot A., et al. The probiotic bacterial strain *Lactobacillus fermentum* D3 increases in vitro the bioavailability of Ca, P, and Zn in fermented goat milk. *Biol. Trace Elem. Res.* 2013;151:307–314.
43. Bergillos-Meca T., Cabrera-Vique C., Artacho R., et al. Does *Lactobacillus plantarum* or ultrafiltration process improve Ca, Mg, Zn and P bioavailability from fermented goats' milk? *Food Chem.* 2015;187:314–321.
44. Moslehi-Jenabian, S., Pedersen, L. L., & Jespersen, L. (2010). Beneficial Effects of Probiotic and Food Borne Yeasts on Human Health. *Nutrients*, 2(4), 449–473.
45. Kleniewska, P., Hoffmann, A., Pniewska, E., & Pawliczak, R. (2016). The Influence of Probiotic *Lactobacillus casei* in Combination with Prebiotic Inulin on the Antioxidant Capacity of Human Plasma. *Oxidative Medicine and Cellular Longevity*, 2016, 1340903.
46. Li W, Ji J, Chen X, Jiang M, Rui X, Dong M. Structural elucidation and antioxidant activities of exopolysaccharides from *Lactobacillus helveticus* MB2-1. *Carbohydr Polym.* 2014;102:351–359.
47. Persichetti E., De Michele A., Codini M., Traina G. Antioxidative capacity of *Lactobacillus fermentum* LF31 evaluated in vitro by oxygen radical absorbance capacity assay. *Nutrition.* 2014;30:936–938
48. Wang B.G., Xu H.B., Xu F., Zeng Z.L., Wei H. Efficacy of oral *Bifidobacterium bifidum* ATCC 29521 on microflora and antioxidant in mice. *Can J Microbiol.* 2016 Mar;62(3):249-62.
49. Prazdnova E.V., Chistyakov V.A., Churilov M.N., Mazanko M.S., Bren A.B., Volski A., Chikindas M.L. DNA-protection and antioxidant properties of fermentates from *Bacillus amyloliquefaciens* B-1895 and *Bacillus subtilis* KATMIRA1933. *Lett. Appl. Microbiol.* 2015;61:549–554.
50. Shen Q., Shang N., Li P. In vitro and in vivo antioxidant activity of *Bifidobacterium animalis* 01 isolated from centenarians. *Curr. Microbiol.* 2011;62:1097–1103.
51. O'Sullivan E., Barrett E., Grenham S., et al. BDNF expression in the hippocampus of maternally separated rats: does *Bifidobacterium breve* 6330 alter BDNF levels? *Beneficial Microbes.* 2011;2(3):199–207.
52. Liu, J., Sun, J., Wang, F., Yu, X., Ling, Z., Li, H., ... Xu, J. (2015). Neuroprotective Effects of *Clostridium butyricum* against Vascular Dementia in Mice via Metabolic Butyrate. *BioMed Research International*, 412946.
53. Leung, K., & Thuret, S. (2015). Gut Microbiota: A Modulator of Brain Plasticity and Cognitive Function in Ageing. *Healthcare*, 3(4), 898–916.
54. <https://www.cognifit.com/tr/science/cognitive-skills/spatial-perception>.
55. Davari S, Talaei SA, Alaei H, Salami M. Probiotics treatment improves diabetes-induced impairment of synaptic activity and cognitive function: behavioral and electrophysiological proofs for microbiome-gut-brain axis. *Neuroscience.* 2013;240:287–296 .
56. Savignac H. M., Tramullas M., Kiely B., Dinan T. G., Cryan J. F. *Bifidobacteria* modulate cognitive processes in an anxious mouse strain. 2015;287:59–72.
57. Liang S, Wang T, Hu X, Luo J, Li W, Wu X, Duan Y, Jin F. Administration of *Lactobacillus helveticus* NS8 improves behavioral, cognitive, and biochemical aberrations caused by chronic restraint stress. *Neuroscience.* 2015;310:561–77.

58. Luo J., Wang T., Liang S., Hu X., Li W., Jin F. Ingestion of lactobacillus strain reduces anxiety and improves cognitive function in the hyperammonemia rat. *Sci. China Life Sci.* 2014;57:327–335.
59. Liu, T.-H., Chiou, J., & Tsai, T.-Y. (2016). Effects of *Lactobacillus plantarum* TWK10-Fermented Soymilk on Deoxycorticosterone Acetate-Salt-Induced Hypertension and Associated Dementia in Rats. *Nutrients*, 8(5), 260.
60. Huang, R., Wang, K., & Hu, J. (2016). Effect of Probiotics on Depression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Nutrients*, 8(8), 483.
61. Steenbergen L, Sellaro R, van Hemert S, Bosch JA, Colzato LS. A randomized controlled trial to test the effect of multispecies probiotics on cognitive reactivity to sad mood. *Brain Behav Immun.* (2015) 48:258–64.
62. Mohammadi A.A., Jazayeri S., et al. The effects of probiotics on mental health and hypothalamic-pituitary-adrenal axis: A randomized, double-blind, placebo-controlled trial in petrochemical workers. *Nutr Neurosci.* 2016 Nov; 19(9):387-395.
63. Desbonnet L, Garrett L, Clarke G, Kiely B, Cryan J.F., Dinan T.G. Effects of the probiotic *Bifidobacterium infantis* in the maternal separation model of depression. *Neuroscience.* 2010;170:1179–1188.
64. Messaoudi M., Violle N., et al. Beneficial psychological effects of a probiotic formulation (*Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175) in healthy human volunteers. *Gut Microbes*, 2011; 2(4):256-261.
65. Ohland C. L., Kish L., Bell H., Thiesen A., Hotte N., Pankiv E., et al. . (2013). Effects of *Lactobacillus helveticus* on murine behavior are dependent on diet and genotype and correlate with alterations in the gut microbiome. *Psychoneuroendocrinology* 38, 1738–1747.
66. Wang T, Hu X, Liang S, et al. *Lactobacillus fermentum* NS9 restores the antibiotic induced physiological and psychological abnormalities in rats. *Benef Microbes.* 2015;6(5):707.
67. Bercik, P., Park, A. J., et al. (2011). The anxiolytic effect of *Bifidobacterium longum* NCC3001 involves vagal pathways for gut–brain communication. *Neurogastroenterology and Motility: The Official Journal of the European Gastrointestinal Motility Society*, 23(12), 1132–1139
68. Navarro, F., Liu, Y., & Rhoads, J. M. (2016). Can probiotics benefit children with autism spectrum disorders? *World Journal of Gastroenterology*, 22(46), 10093–10102.
69. Takada M, Nishida K, Kataoka-Kato A, et al. : Probiotic *Lactobacillus casei* strain Shirota relieves stress-associated symptoms by modulating the gut-brain interaction in human and animal models. *Neurogastroenterol Motil.* 2016;28(7):1027–36.
70. Kato-Kataoka A, Nishida K, Takada M, et al. : Fermented Milk Containing *Lactobacillus casei* Strain Shirota Preserves the Diversity of the Gut Microbiota and Relieves Abdominal Dysfunction in Healthy Medical Students Exposed to Academic Stress. *Appl Environ Microbiol.* 2016;82(12):3649–58.
71. Culpepper T., Christman M., Nieves C., Specht G., Rowe C., Spaiser S., Ford A., Dahl W., Girard S., Langkamp-Henken B. *Bifidobacterium bifidum* R0071 decreases stress-associated diarrhoea-related symptoms and self-reported stress: A secondary analysis of a randomised trial. *Benef. Microbes.* 2016;7:327–336.
72. Sharma A, Rath GK, Chaudhary SP, Thakar A, Mohanti BK, Bahadur S. *Lactobacillus brevis* CD2 lozenges reduce radiation- and chemotherapy-induced mucositis in patients with head and neck cancer: a randomized double-blind placebo-controlled study. *Eur J Cancer.* 2012;48(6):875–881.
73. Justino PF, Melo LF, Nogueira AF, et al. Regulatory role of *Lactobacillus acidophilus* on inflammation and gastric dysmotility in intestinal mucositis induced by 5-fluorouracil in mice. *Cancer Chemother Pharmacol.* 2015;75(3):559-67.
74. Justino PF, Melo LF, Nogueira AF, Costa JV, Silva LM, Santos CM, Mendes WO, Costa MR, Franco AX, Lima AA, Ribeiro RA, Souza MH, Soares PM. Treatment with *Saccharomyces boulardii* reduces the inflammation and dysfunction of the gastrointestinal tract in 5-fluorouracil-induced intestinal mucositis in mice. *Br J Nutr.* 2014;111:1611–1621.
75. World Gastroenterology Organisation Global Guidelines. Probiotics and prebiotics. February 2017.
76. Khoder, G., Al-menhali, A. A., Al-yassir, F., & Karam, S. M. (2016). Potential role of probiotics in the management of gastric ulcer. *Experimental and Therapeutic Medicine*, 12(1), 3–17.

77. Deguchi, R., Nakaminami, H., et al. (2012). Effect of pretreatment with *Lactobacillus gasseri* OLL2716 on first-line *Helicobacter pylori* eradication therapy. *Journal of Gastroenterology and Hepatology*, 27(5), 888–892.
78. Pantoflickova D, Corthésy-Theulaz I, Dorta G, Stolte M, Isler P, Rochat F, Enslen M, Blum AL. Favourable effect of regular intake of fermented milk containing *Lactobacillus johnsonii* on *Helicobacter pylori* associated gastritis. *Aliment Pharmacol Ther*. 2003;18:805–813.
79. Holz, C., Busjahn, A., Mehling, H., Arya, S., Boettner, M., Habibi, H., & Lang, C. (2015). Significant Reduction in *Helicobacter pylori* Load in Humans with Non-viable *Lactobacillus reuteri* DSM17648: A Pilot Study. *Probiotics and Antimicrobial Proteins*, 7(2), 91–100.
80. Islek A, Sayar E, Yilmaz A, Artan R. *Bifidobacterium lactis* B94 plus inulin for treatment of *Helicobacter pylori* infection in children: does it increase eradication rate and patient compliance? . *Acta Gastroenterol Belg*. 2015; 78(3):282–286.
81. Rajkumar, H., Mahmood, N., Kumar, M., Varikuti, S. R., Challa, H. R., & Myakala, S. P. (2014). Effect of Probiotic (VSL#3) and Omega-3 on Lipid Profile, Insulin Sensitivity, Inflammatory Markers, and Gut Colonization in Overweight Adults: A Randomized, Controlled Trial. *Mediators of Inflammation*, 2014, 348959.
82. Dong H., Rowland I., Thomas L. V., Yaqoob P. Immunomodulatory effects of a probiotic drink containing *Lactobacillus casei* Shirota in healthy older volunteers. *European Journal of Nutrition*. 2013;52(8):1853–1863.
83. Vemuri R., Gundamaraju R., et al. Gut Microbial Changes, Interactions, and Their Implications on Human Lifecycle: An Ageing Perspective. *Biomed Res Int*. 2018:4178607.
84. Smecuol E., Hwang H.J., et al. Exploratory, randomized, double-blind, placebo-controlled study on the effects of *Bifidobacterium infantis* naten life start strain super strain in active celiac disease. *Clin Gastroenterol*. 2013 Feb;47(2):139–47.
85. Olivares M., Castillejo G., Varea V., Sanz Y. Double-blind, randomised, placebo-controlled intervention trial to evaluate the effects of *Bifidobacterium longum* CECT 7347 in children with newly diagnosed coeliac disease. *Br J Nutr*. 2014 Jul 14;112(1):30–40.
86. Klemenak M., Dolinšek J., Langerholc T., Di Gioia D., Mičetić-Turk D. (2015). Administration of *Bifidobacterium breve* decreases the production of TNF- α in children with celiac disease. *Dig. Dis. Sci*. 60 3386–3392.
87. Vajro P., Mandato C., Licenziati M.R., Franzese A., Vitale D.F., Lenta S., Caropreso M., Vallone G., Meli R. Effects of *Lactobacillus rhamnosus* strain GG in pediatric obesity-related liver disease. *J. Gastroenterol. Nutr*. 2011;52:740–743.
88. Alisi A., Bedogni G., Baviera G., Giorgio V., Porro E., Paris C., Giammaria P., Reali L., Anania F., Nobili V. Randomised clinical trial: The beneficial effects of VLS#3 in obese children with non-alcoholic steatohepatitis. *Aliment. Pharmacol. Ther*. 2014;39:1276–1285.
89. Allen, S. J., Jordan, S., Storey, M., Thornton, C. A., Gravenor, M. B., et al. (2014). Probiotics in the prevention of eczema: a randomised controlled trial. *Archives of Disease in Childhood*, 99(11), 1014–1019.
90. Drago L1, Iemoli E, Rodighiero V, Nicola L, De Vecchi E, Piconi S. Effects of *Lactobacillus salivarius* LS01 (DSM 22775) treatment on adult atopic dermatitis: a randomized placebo-controlled study. *Int J Immunopathol Pharmacol*. 2011 Oct-Dec;24(4):1037–48.
91. Jäger, R., Shields, K. A., Lowery, R. P., De Souza, E. O., Partl, J. M., Hollmer, C., Purpura, M., ... Wilson, J. M. (2016). Probiotic *Bacillus coagulans* GBI-30, 6086 reduces exercise-induced muscle damage and increases recovery. *PeerJ*, 4, e2276.
92. Shing C.M., Peake J.M., Lim C.L., Briskey D., Walsh N.P., Fortes M.B. Effects of probiotics supplementation on gastrointestinal permeability, inflammation and exercise performance in the heat. *Eur J Appl Physiol*. 2014;114:93–103.
93. Rul, F., Ben-Yahia, L., Chegiani, F., et al. (2011). Impact of the Metabolic Activity of *Streptococcus thermophilus* on the Colon Epithelium of Gnotobiotic Rats. *The Journal of Biological Chemistry*, 286(12), 10288–10296.
94. Kim H., Kim H.R., Jeong B.J., Lee S.S., et al. Effects of oral intake of kimchi-derived *Lactobacillus plantarum* K8 lysates on skin moisturizing. *J Microbiol Biotechnol*. 2015 Jan;25(1):74–80.

95. Lewanika TR, Reid SJ, Abratt VR, Macfarlane GT, Macfarlane S. Lactobacillus gasseri Gasser AM63(T) degrades oxalate in a multistage continuous culture simulator of the human colonic microbiota. *FEMS Microbiol Ecol.* 2007;61(1):110-20.
96. Toscano M., De Grandi R., Pastorelli L., Vecchi M., Drago L. A consumer's guide for probiotics: 10 golden rules for a correct use. *Dig Liver Dis.* 2017;49(11):1177-1184.
97. Weese JS. Evaluation of deficiencies in labeling of commercial probiotics. *Can Vet J* 2003;44:982-3.
98. Toscano M., de Vecchi E., Rodighiero V., et al. Microbiological and genetic identification of some probiotics proposed for medical use in 2011. *J Chemother* 2013;25:156-61.
99. Fuller R, Gibson GR. Modification of the Intestinal Microflora Using Probiotics and Prebiotics. *Scand J Gastroenterol* 1997;32:28-31.
100. Meinen-Derr J, Poindexter B, Wrage L, et al. Role of human milk in extremely low birth weight infants' risk of necrotizing enterocolitis or death. *J Perinatol* 2009;29:57-62.
101. Ma YY, Li L, Yu CH, et al. Effects of probiotics on nonalcoholic fatty liver disease: a meta-analysis. *World J Gastroenterol* 2013;19:6911-8.
102. Zhang Q, Wu Y, Fei X. Effect of probiotics on glucose metabolism in patients with type 2 diabetes mellitus: A meta-analysis of randomized controlled trials. *Medicina (Kaunas)* 2016;52:28-34.
103. Niccoli AA, Artesi AL, Candio F, et al. Preliminary results on clinical effects of probiotic Lactobacillus salivarius LS01 in children affected by atopic dermatitis. *J Clin Gastroenterol* 2014;48:S34-6.
104. Manichanh C, Borrueal N, Casellas F, et al. The gut microbiota in IBD. *Nat Rev Gastroenterol Hepatol* 2012;9:599-608.
105. Van Assche G, Dignass A, Bokemeyer B, et al. Second European evidence-based consensus on the diagnosis and management of ulcerative colitis part 3: special situations. *J Crohns Colitis* 2013;7:1-33.
106. Gionchetti P, Rizzello F, Venturi A, et al. Oral bacteriotherapy as maintenance treatment in patients with chronic pouchitis: a double-blind, placebo-controlled trial. *Gastroenterology* 2000;119:305-9.
107. Mimura T, Rizzello F, Helwig U, et al. Once daily high dose probiotic therapy (VSL#3) for maintaining remission in recurrent or refractory pouchitis. *Gut* 2004;53:108-14.
108. Kruis W, Schütz E, Fric P, et al. Double-blind comparison of an oral Escherichia coli preparation and mesalazine in maintaining remission of ulcerative colitis. *Aliment Pharmacol Ther* 1997;11:853-8.
109. Kruis W, Fric P, Pokrotnieks J, et al. Maintaining remission of ulcerative colitis with the probiotic Escherichia coli Nissle 1917 is as effective as with standard mesalazine. *Gut* 2004;53:1617-23.
110. Currò D, Ianiro G, Pecere S, et al. Probiotics, fibre and herbal medicinal products for functional and inflammatory bowel disorders. *Br J Pharmacol* 2016.
111. McKenzie Y.A., Thompson J., Gulia P., Lomer M.C.E. British Dietetic Association systematic review of systematic reviews and evidence-based practice guidelines for the use of probiotics in the management of irritable bowel syndrome in adults (2016 update) *J. Hum. Nutr. Diet.* 2016;29:576–592.
112. http://usprobioticguide.com/PBCPediatricHealth.html?utm_source=pediatric_ind&utm_medium=civ&utm_campaign=USA_CHART

11. Bölüm Kaynakları

1. Slavin J. Fiber and prebiotics: Mechanisms and health benefits. *Nutrients.* 2013;5:1417–1435.
2. Cotillard A., Kennedy S. P., Kong L. C., Prifti E., Pons N., Le Chatelier E., et al. (2013). Dietary intervention impact on gut microbial gene richness. *Nature* 500 585–588.
3. Cummings J.H., Macfarlane G.T. The control and consequences of bacterial fermentation in the human colon. *J. Appl. Bacteriol.* 1991;70(6):443– 459.
4. Yao C.K., Muir J.G., Gibson P.R. Review article: insights into colonic protein fermentation, its modulation and potential health implications. *Aliment. Pharmacol. Ther.* 2016;43(2): 181– 196.
5. Windey K., de Preter V., Verbeke K. Relevance of protein fermentation to gut health. *Mol. Nutr. Food Res.* 2012;56(1): 184– 196.
6. Wu G.D., et al. Linking long-term dietary patterns with gut microbial enterotypes. *Science.* 2011;334(6052): 105– 108.
7. Russell W.R., et al. High-protein, reduced-carbohydrate weight-loss diets promote metabolite profiles likely to be detrimental to colonic health. *Am. J. Clin. Nutr.* 2011;93(5): 1062– 1072.

8. Duncan S.H., et al. Reduced dietary intake of carbohydrates by obese subjects results in decreased concentrations of butyrate and butyrate-producing bacteria in feces. *Appl. Environ. Microbiol.* 2007;73(4): 1073– 1078.
9. Magee E.A., et al. Contribution of dietary protein to sulfide production in the large intestine: an in vitro and a controlled feeding study in humans. *Am. J. Clin. Nutr.* 2000;72(6): 1488– 1494.
10. Rowan F.E., et al. Sulphate-reducing bacteria and hydrogen sulphide in the aetiology of ulcerative colitis. *Br. J. Surg.* 2009;96(2): 151– 158.
11. Ma N., et al. Contributions of the interaction between dietary protein and gut microbiota to intestinal health. *Curr. Protein Pept. Sci.* 2017;18(999): 1
12. Singh et al. Influence of diet on the gut microbiome and implications for human health *J Transl Med* (2017) 15:73.
13. Janson L., Tischler M. *Medical Biochemistry: The Big Picture*. Columbus, OH: McGraw-Hill Education; 2012.
14. Hildebrandt M.A., et al. High-fat diet determines the composition of the murine gut microbiome independently of obesity. *Gastroenterology.* 2009;137(5): 1716– 1724.
15. Patterson E., et al. Impact of dietary fatty acids on metabolic activity and host intestinal microbiota composition in C57BL/ 6J mice. *Br. J. Nutr.* 2014;111(11): 1905– 1917.
16. Zhang C., et al. Interactions between gut microbiota, host genetics and diet relevant to development of metabolic syndromes in mice. *ISME J.* 2009;4: 232– 241.
17. Cani P.D., et al. Selective increases of bifidobacteria in gut microflora improve high-fat-diet-induced diabetes in mice through a mechanism associated with endotoxaemia. *Diabetologia.* 2007;50(11):2374– 2383.
18. Wit N.D., et al. Saturated fat stimulates obesity and hepatic steatosis and affects gut microbiota composition by an enhanced overflow of dietary fat to the distal intestine. *Am. J. Physiol. Gastrointest. Liver Physiol.* 2012;303(5): G589– G599.
19. Turnbaugh P.J., et al. An obesity-associated gut microbiome with increased capacity for energy harvest. *Nature.* 2006;444(7122):1027– 1131.,
20. Fava F., et al. The type and quantity of dietary fat and carbohydrate alter faecal microbiome and short-chain fatty acid excretion in a metabolic syndrome "at-risk" population syndrome. *Int. J. Obes.* 2012;37(2): 216– 223.
21. Prieto I., et al. "Influence of a diet enriched with virgin olive oil or butter on mouse gut microbiota and its correlation to physiological and biochemical parameters related to metabolic syndrome." *PLoS one* 13.1 (2018): e0190368.
22. Hidalgo M., et al. Changes in Gut Microbiota Linked to a Reduction in Systolic Blood Pressure in Spontaneously Hypertensive Rats Fed an Extra Virgin Olive Oil-Enriched Diet. *Plant Foods for Human Nutrition*, (2018); 73 (1): 1-6.
23. Biesalski HK. Nutrition meets the microbiome: micronutrients and the microbiota. *Ann N Y Acad Sci* 2016;1372:53–64.
24. Devereux G. The increase in the prevalence of asthma and allergy: food for thought. *Nat. Rev. Immunol.* 2006;6: 869– 874.
25. Manzel A., et al. Role of "Western diet" in inflammatory autoimmune diseases. *Curr. Allergy Asthma Rep.* 2014;14(1): 404.
26. Huang E.Y., et al. The role of diet in triggering human inflammatory disorders in the modern age. *Microbes Infect.* 2013;15(12): 765– 774.
27. Falony G., et al. Population-level analysis of gut microbiome variation. *Science.* 2016;352(6285): 560– 564.
28. De Filippo C., et al. Impact of diet in shaping gut microbiota revealed by a comparative study in children from Europe and rural Africa. *Proc. Natl. Acad. Sci. U. S. A.* 2010;107(33): 14691– 14696.
29. Lin A., et al. Distinct distal gut microbiome diversity and composition in healthy children from Bangladesh and the United States. *PLoS One.* 2013;8(1): e53838.
30. Martinez I., et al. The gut microbiota of rural Papua New Guineans: composition, diversity patterns, and ecological processes. *Cell Rep.* 2015;11(4): 527– 538.
31. Schnorr S.L., et al. Gut microbiome of the Hadza hunter-gatherers. *Nat. Commun.* 2014;5: 3654.

32. Obregon-Tito A.J., et al. Subsistence strategies in traditional societies distinguish gut microbiomes. *Nat. Commun.* 2015;6: 6505.
33. Gomez A., et al. Gut microbiome of coexisting BaAka pygmies and bantu reflects gradients of traditional subsistence patterns. *Cell Rep.* 2016;14(9): 2142– 2153.
34. O’Keefe S.J.D., et al. Fat, fibre and cancer risk in African Americans and rural Africans. *Nat. Commun.* 2015;6: 6342.
35. Segata N. Gut microbiome: westernization and the disappearance of intestinal diversity. *Curr. Biol.* 2015;25(14): R611– R613.
36. do Rosario V.A., Fernandes R., de Trindade E.B.S.M. Vegetarian diets and gut microbiota: important shifts in markers of metabolism and cardiovascular disease. *Nutr. Rev.* 2016;74(7): 444– 454.
37. Huang T., et al. Cardiovascular disease mortality and cancer incidence in vegetarians: a meta-analysis and systematic review. *Ann. Nutr. Metab.* 2012;60(4): 233– 240.
38. Satija A., et al. Plant-based dietary patterns and incidence of type 2 diabetes in US men and women: results from three prospective cohort studies. *PLoS Med.* 2016;13(6): e1002039.
39. Kim M.-S., et al. Strict vegetarian diet improves the risk factors associated with metabolic diseases by modulating gut microbiota and reducing intestinal inflammation. *Environ. Microbiol. Rep.* 2013;5(5): 765– 775.
40. David L.A., et al. Diet rapidly and reproducibly alters the human gut microbiome. *Nature.* 2013;505(7484): 559– 563.
41. Liszt K., et al. Characterization of bacteria, clostridia and Bacteroides in faeces of vegetarians using qPCR and PCR-DGGE fingerprinting. *Ann. Nutr. Metab.* 2009;54(4): 253– 257.
42. Matijasic B.B., et al. Association of dietary type with fecal microbiota in vegetarians and omnivores in Slovenia. *Eur. J. Nutr.* 2014;53(4): 1051– 1064.
43. Ferrocino I., et al. Fecal microbiota in healthy subjects following omnivore, vegetarian and vegan diets: culturable populations and rRNA DGGE profiling. *PLoS One.* 2015;10(6): e0128669.
44. Bach-Faig A., et al. Mediterranean diet pyramid today. Science and cultural updates. *Public Health Nutr.* 2011;14(12A): 2274– 2284.
45. Schwingshackl L., et al. Adherence to a Mediterranean diet and risk of diabetes: a systematic review and meta-analysis. *Public Health Nutr.* 2015;18(7): 1292– 1299.
46. Schwingshackl L., Hoffmann G. Adherence to Mediterranean diet and risk of cancer: a systematic review and meta-analysis of observational studies. *Int. J. Cancer.* 2014;135(8): 1884– 1897.
47. Singh B., et al. Association of Mediterranean diet with mild cognitive impairment and Alzheimer’s disease: a systematic review and meta-analysis. *J. Alzheimers Dis.* 2014;39(2): 271– 282.
48. Garcia M., et al. The effect of the traditional Mediterranean-style diet on metabolic risk factors: a meta-analysis. *Nutrients.* 2016;8(168): 1– 18.
49. Tong T.Y.N., et al. Prospective association of the Mediterranean diet with cardiovascular disease incidence and mortality and its population impact in a non-Mediterranean population: the EPIC-Norfolk study. *BMC Med.* 2016;14(1): 135.
50. Estruch R., et al. Effects of a Mediterranean-style diet on cardiovascular risk factors a randomized trial. *Ann. Intern. Med.* 2006;145(1): 1– 11.
51. Marlow G., et al. Transcriptomics to study the effect of a Mediterranean-inspired diet on inflammation in Crohn’s disease patients. *Hum. Genomics.* 2013;7: 24.
52. Cuervo A., et al. Pilot study of diet and microbiota: interactive associations of fibers and polyphenols with human intestinal bacteria. *J. Agric. Food Chem.* 2014;62(23): 5330– 5336.
53. De Filippis F., et al. High-level adherence to a Mediterranean diet beneficially impacts the gut microbiota and associated metabolome. *Gut.* 2015; gutjnl-2015-309957.
54. Gutiérrez-Díaz I., et al. Mediterranean diet and faecal microbiota: a transversal study. *Food Funct.* 2016;2347– 2356.
55. Haro C., Garcia-Carpintero S., et al. The gut microbial community in metabolic syndrome patients is modified by diet. *J. Nutr. Biochem.* 2016; 27: 27– 31.
56. Noble C.A., Kushner R.F. An update on low-carbohydrate, high-protein diets. *Curr. Opin. Gastroenterol.* 2006;22(2): 153– 159.

57. Brinkworth G.D., et al. Comparative effects of very low-carbohydrate, high-fat and high-carbohydrate, low-fat weight-loss diets on bowel habit and faecal short-chain fatty acids and bacterial populations. *Br. J. Nutr.* 2009;101(10): 1493– 1502.
58. De Palma G., et al. Effects of a gluten-free diet on gut microbiota and immune function in healthy adult human subjects. *Br. J. Nutr.* 2009;102(8): 1154– 1160.
59. Nistal E., et al. Differences in faecal bacteria populations and faecal bacteria metabolism in healthy adults and celiac disease patients. *Biochimie.* 2012;94(8): 1724– 1729.
60. Bonder M.J., et al. The influence of a short-term gluten-free diet on the human gut microbiome. *Genome Med.* 2016;8(1): 45.
61. Baranano, K. W. & Hartman, A. L. The ketogenic diet: uses in epilepsy and other neurologic illnesses. *Curr Treat Options Neurol* 10, 410–419 (2008).
62. Walczyk, T. & Wick, J. Y. The Ketogenic Diet: Making a Comeback. *Consult Pharm* 32, 388–396 (2017).
63. Vanitallie, T. B. et al. Treatment of Parkinson disease with diet-induced hyperketonemia: a feasibility study. *Neurology* 64, 728–730 (2005).
64. Evangelidou, A. et al. Application of a ketogenic diet in children with autistic behavior: pilot study. *J Child Neurol* 18, 113–118 (2003).
65. Van der Auwera, I., Wera, S., Van Leuven, F. & Henderson, S. T. A ketogenic diet reduces amyloid beta 40 and 42 in a mouse model of Alzheimer's disease. *Nutr Metab (Lond)* 2, 28 (2005).
66. Prins, M. L., Fujima, L. S. & Hovda, D. A. Age-dependent reduction of cortical contusion volume by ketones after traumatic brain injury. *J Neurosci Res* 82, 413–420 (2005).
67. Newell, C. et al. Ketogenic diet modifies the gut microbiota in a murine model of autism spectrum disorder. *Mol Autism* 7, 37 (2016).
68. Ma, D., Wang, A.C., et al. Ketogenic diet enhances neurovascular function with altered gut microbiome in young healthy mice. *Scientific Reports.* 2018: 8;6670.
69. Tagliabue, A. et al. Short-term impact of a classical ketogenic diet on gut microbiota in GLUT1 Deficiency Syndrome: A 3-month prospective observational study. *Clin Nutr ESPEN* 17, 33–37 (2017).
70. Lam, Y. Y. et al. Effects of dietary fat profile on gut permeability and microbiota and their relationships with metabolic changes in mice. *Obesity (Silver Spring).* 2015: 23;1429–1439.
71. Gibson P.R., Shepherd S.J. Evidence-based dietary management of functional gastrointestinal symptoms: The FODMAP approach. *J. Gastroenterol. Hepatol.* 2010;25(2): 252– 258.
72. McIntosh K., et al. FODMAPs alter symptoms and the metabolome of patients with IBS: a randomised controlled trial. *Gut.* 2016;66: 1241– 1251.
73. Pitt C.E. Cutting through the Paleo hype: the evidence for the Palaeolithic diet. *Aust. Fam. Physician.* 2016;45(1): 35– 38.
74. Konner M., Eaton S.B. Paleolithic nutrition: twenty-five years later. *Nutr. Clin. Pract.* 2010;25(6): 594– 602.
75. Chassaing B., et al. Dietary emulsifiers impact the mouse gut microbiota promoting colitis and metabolic syndrome. *Nature.* 2015; 519 (7541): 92– 96.
76. Suez J., et al. Artificial sweeteners induce glucose intolerance by altering the gut microbiota. *Nature.* 2014;514(7521): 181– 186.
77. Glade MJ, Meguid MM. A glance at ... dietary emulsifiers, the human intestinal mucus and microbiome, and dietary fiber. *Nutrition.* 2016 May;32(5):609-14.
78. Cani PD, Everard MA. Keeping gut lining at bay: impact of emulsifiers. *Trends Endocrinol Metab* (2015) 26:273–4.
79. Deehan E.C., Walter J. The fiber gap and the disappearing gut microbiome: implications for human nutrition. *Trends Endocrinol. Metab.* 2016;27(5): 239– 242.
80. Ishiguro, E., Haskey, N., Campbell, K. Gut microbiota interactive effect on nutrition and health. *Academic Press.* 2018.

Prof. Dr. Murat Baş'la Mikrobiyota Diyeti Kaynakları

1. Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation* 2009;120:1011-20.

2. Yang Q, Zhang Z, Gregg EW, Flanders WD, Merritt R, Hu FB. Added sugar intake and cardiovascular diseases mortality among US adults. *JAMA Internal Medicine* 2014;17:516–24.
3. Schultz A., Neil D., Aguila M.B., Mandarim-de-Lacerda C.A. Hepatic adverse effects of fructose consumption independent of overweight/obesity. *Int. J. Mol. Sci.* 2013;14:21873–21886.
4. Jiang Y, et al. A sucrose-enriched diet promotes tumorigenesis in mammary gland in part through the 12-lipoxygenase pathway. *Cancer Res.* 2016;76:24–29.
5. Bruun JM, Maersk M, Belza A, Astrup A, Richelsen B. Consumption of sucrose-sweetened soft drinks increases plasma levels of uric acid in overweight and obese subjects: a 6-month randomised controlled trial. *Eur J Clin Nutr.* 2015;69(8):949–953.
6. Bray G. A., Nielsen S. J., Popkin B. M. (2004). Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *Am. J. Clin. Nutr.* 79 537–543.
7. DiNicolantonio C. J., Lucan S. C., O’Keefe J. H. The evidence for saturated fat and sugar related to coronary heart disease. *Progress in Cardiovascular Diseases.* 2016;58(5):464–472.
8. Charrez B, Qiao L, Hebbard L. The role of fructose in metabolism and cancer. *Horm Mol Biol Clin Investig* 22: 79–89, 2015.
9. Aune D, Chan DS Vieira, AR, Navarro-Rosenblatt DA, Vieira R, Greenwood D, Norat T (2012) Dietary compared with blood concentrations of carotenoids and breast cancer risk: a systematic review and meta-analysis of prospective studies. *Am J Clin Nutr* 96:356Google Scholar
10. Aune D, Chan DS Vieira AR, Rosenblatt DA Vieira R, Greenwood DC, Norat T (2012) Fruits vegetables and breast cancer risk: a systematic review and meta-analysis of prospective studies. *Breast Cancer Res Treat* 134:479.
11. Aune D, Lau R, Chan DS, Vieira R, Greenwood DC, Kampman E, Norat T (2011) Nonlinear reduction in risk for colorectal cancer by fruit and vegetable intake based on meta-analysis of prospective studies. *Gastroenterology* 141:106–118
12. [usda.gov/factbook/2001–2002factbook.pdf](https://www.usda.gov/factbook/2001-2002factbook.pdf).table 2–6, page 20.
13. Mager DR, Iniguez IR, Gilmour S, Yap J. The effect of a low fructose and low glycemic index/load (FRAGILE) dietary intervention on indices of liver function, cardiometabolic risk factors, and body composition in children and adolescents with nonalcoholic fatty liver disease (NAFLD). *JPEN: Journal of Parenteral and Enteral Nutrition* 2013 Aug 23.
14. Kelishadi R, Mansourian M, Heidari-Beni M. Association of fructose consumption and components of metabolic syndrome in human studies: a systematic review and meta-analysis. *Nutrition* 2014;30:503-10.
15. Ha V, Jayalath VH, Cozma AI, Mirrahimi A, de Souza RJ, Sievenpiper JL. Fructose-containing sugars, blood pressure, and cardiometabolic risk: a critical review. *Current Hypertension Reports* 2013;15:281–97.
16. Martin-Calvo N, Martinez-Gonzalez MA, Bes-Rastrollo M, et al. Sugar-sweetened carbonated beverage consumption and childhood/adolescent obesity: a case-control study. *Public Health Nutrition* 2014 Jan 31:1–9.
17. Mullin GE. *The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!*. Rodale Wellness. 2017.
18. Steinert RE, Frey F, Topfer A, Drewe J, Beglinger C. Effects of carbohydrate sugars and artificial sweeteners on appetite and the secretion of gastrointestinal satiety peptides. *British Journal of Nutrition* 2011;105:1320–28.
19. Malkusz DC, Banakos T, Mohamed A, et al. Dopamine signaling in the medial prefrontal cortex and amygdala is required for the acquisition of fructose-conditioned flavor preferences in rats. *Behavioural Brain Research* 2012;233:500–507.
20. Sacks FM, Bray GA, Carey VJ, et al. Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. *New England Journal of Medicine* 2009;360:859–73.
21. Siri-Tarino PW, Sun Q, Hu FB, Krauss RM. Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease. *American Journal of Clinical Nutrition* 2010;91:535–46.) (Okreglicka K. Health effects of changes in the structure of dietary macronutrients intake in Western societies. *Roczniki Państwowego Zakładu Higieny.* 2015;66(2):97–105.
22. Tamma S. M., Shorter B., Toh K. L., Moldwin R., and Gordon B.. 2015. Influence of polyunsaturated fatty acids on urologic inflammation. *Int. Urol. Nephrol.* 47:1753–1761.
23. Galland L. Diet and inflammation. *Nutrition in Clinical Practice* 2010;25:634–40.

24. Yang L. G., Song Z. X., Yin H., et al. Low n-6/n-3 PUFA ratio improves lipid metabolism, inflammation, oxidative stress and endothelial function in rats using plant oils as n-3 fatty acid source. *Lipids*. 2016;51(1):49–59.
25. Nestel P.N. Trans fatty acids: Are its cardiovascular risks fully appreciated? *Clin. Ther.* 2014;36:315–321. (Iwata, N. G. et al. Trans Fatty Acids Induce Vascular Inflammation and Reduce Vascular Nitric Oxide Production in Endothelial Cells. *Plos One*.2011; 6:1–6.
26. Lopez-Garcia E., Schultze M.B., Meigs J.B. Consumption of trans fatty acids is related to plasma biomarkers of inflammation and endothelial dysfunction. *J Nutr.* 2005;135:562–566.
27. Lopez-Garcia E., Schultze M.B., Meigs J.B. Consumption of trans fatty acids is related to plasma biomarkers of inflammation and endothelial dysfunction. *J Nutr.* 2005;135:562–566.
28. Baer DJ, Judd JT, Clevidence BA, Tracy RP. Dietary fatty acids affect plasma markers of inflammation in healthy men fed controlled diets: a randomized crossover study. *Am J Clin Nutr* 2004;79:969–73.
29. Micha, R., Wallace, S. K., & Mozaffarian, D. (2010). Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes: A systematic review and meta-analysis. *Circulation*, 121(21), 2271–2283.
30. Santarelli, R. L., Pierre, F., & Corpet, D. E. (2008). Processed meat and colorectal cancer: a review of epidemiologic and experimental evidence. *Nutrition and Cancer*, 60(2), 131–144.
31. Uribarri J, Woodruff S, Goodman S, Cai W, Chen X, Pyzik R, et al. Advanced glycation end products in foods and a practical guide to their reduction in the diet. *J Am Diet Assoc.* 2010;110:911–16e12.
32. Hammerling U, Bergman Laurila J, Grafstrom R, Ilback NG. Consumption of red/processed meat and colorectal carcinoma: possible mechanisms underlying the significant association. *Crit Rev Food Sci Nutr.* 2016;56:614–634.
33. Davy B.M., Dennis E.A., Dengo A.L., Wilson K.L., Davy K.P. Water consumption reduces energy intake at a breakfast meal in obese older adults. *J. Am. Diet. Assoc.* 2008;108:1236–1239.
34. Dennis EA, Dengo AL, Comber DL, et al. Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults. *Obesity (Silver Spring)* 2010 Feb;18(2):300–307.
35. Judelson D.A., Maresh C.M., Anderson J.M., Armstrong L.E., Casa D.J., Kraemer W.J., Volek J.S. Hydration and muscular performance: Does fluid balance affect strength, power and high-intensity endurance? *Sports Med.* 2007;37:907–921.
36. Cian C, Barraud PA, Melin B, Raphel C. Effects of fluid ingestion on cognitive function after heat stress or exercise-induced dehydration. *Int J Psychophysiol.* 2001;42(3):243–251.
37. Blau JN, Kell CA, Sperling JM. Water-deprivation headache: A new headache with two variants. *Headache.* 2004;44:79–83.
38. Bao Y, Wei Q. Water for preventing urinary stones. *Cochrane Database Syst Rev.* 2012;6:CD004292.
39. Davy B.M., Dennis E.A., Dengo A.L., Wilson K.L., Davy K.P. Water consumption reduces energy intake at a breakfast meal in obese older adults. *J. Am. Diet. Assoc.* 2008;108:1236–1239.
40. Dennis EA, Dengo AL, Comber DL, et al. Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults. *Obesity (Silver Spring)* 2010 Feb;18(2):300–307.
41. Judelson D.A., Maresh C.M., Anderson J.M., Armstrong L.E., Casa D.J., Kraemer W.J., Volek J.S. Hydration and muscular performance: Does fluid balance affect strength, power and high-intensity endurance? *Sports Med.* 2007;37:907–921.
42. Cian C, Barraud PA, Melin B, Raphel C. Effects of fluid ingestion on cognitive function after heat stress or exercise-induced dehydration. *Int J Psychophysiol.* 2001;42(3):243–251.
43. Blau JN, Kell CA, Sperling JM. Water-deprivation headache: A new headache with two variants. *Headache.* 2004;44:79–83.
44. Bao Y, Wei Q. Water for preventing urinary stones. *Cochrane Database Syst Rev.* 2012;6:CD004292.
45. Koivusalo M, Pukkala E, Vartiainen T, Jaakkola JJ, Hakulinen T. Drinking water chlorination and cancer—a historical cohort study in Finland. *Cancer causes & control: CCC.* 1997;8(2):192–200.
46. Doyle TJ, Zheng W, Cerhan JR, Hong CP, Sellers TA, Kushi LH, et al. The association of drinking water source and chlorination by-products with cancer incidence among postmenopausal women in Iowa: a prospective cohort study. *Am J Public Health.* 1997;87(7):1168–76.
47. <https://www.guthealthproject.com/how-tap-water-affects-gut-health/>

48. Gibson PR, Shepherd SJ. Personal view: Food for thought—western lifestyle and susceptibility to Crohn’s disease. The FODMAP hypothesis. *Aliment Pharmacol Ther* 2005; 21: 1399–1409.
49. Çelebi, F., Akbulut, G. Barsak Hastalıklarında Güncel Diyet Yaklaşımı: Fermente Oligo-, Di- ve Mono-Sakkaritler ve Polyol (FODMAP) İçeriği Düşük Diyet. *Türkiye Klinikleri J Gastroenterohepatol* 2014;21(2):43-52.
50. Meyer D., Stasse-Wolthuis M. The bifidogenic effect of inulin and oligofructose and its consequences for gut health. *Eur. J. Clin. Nutr.* 2009;63:1277–1289.
51. Jouet P, Coffin B, Sabate JM. Small intestinal bacterial overgrowth in patients with morbid obesity. *Digestive Diseases and Sciences* 2011;56:615.
52. Sabate JM, Jouet P, Harnois F, et al. High prevalence of small intestinal bacterial overgrowth in patients with morbid obesity: a contributor to severe hepatic steatosis. *Obesity Surgery* 2008;18:371-77.
53. <http://nutritiondata.self.com/facts/dairy-and-egg-products/117/2>
54. Cohen D.E. Balancing cholesterol synthesis and absorption in the gastrointestinal tract. *J. Clin. Lipidol.* 2008;2:S1–S3.
55. Fernandez ML. Dietary cholesterol provided by eggs and plasma lipoproteins in healthy populations. *Curr Opin Clin Nutr Metab Care.* 2006;9:8–12.
56. Rong Y, Chen L, Zhu T, Song Y, Yu M, Shan Z, Sands A, Hu FB, Liu L. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. *BMJ* 2013;346:e8539.
57. Vander Wal JS, Marth JM, Khosla P, Jen KL, Dhurandhar NV. Short-term effect of eggs on satiety in overweight and obese subjects. *Journal of the American College of Nutrition* 2005;24:510–15.
58. Vander Wal JS, Gupta A, Khosla P et al. Egg breakfast enhances weight loss. *Int J Obes (Lond)* 2008;32:1545–51.
59. Zeisel, S. H., & da Costa, K.-A. (2009). Choline: An Essential Nutrient for Public Health. *Nutrition Reviews*, 67(11), 615–623.
60. Karra E, Chandarana K, Batterham RL. The role of peptide YY in appetite regulation and obesity. *Journal of Physiology* 2009;587:19–25.
61. Handelman G.J., Nightingale Z.D., Lichtenstein A.H., Schaefer E.J., Blumberg J.B. Lutein and zeaxanthin concentrations in plasma after dietary supplementation with egg yolk. *Am. J. Clin. Nutr.* 1999;70:247–251.
62. Uhe AM, Collier GR, O’Dea K. A comparison of the effects of beef, chicken and fish protein on satiety and amino acid profiles in lean male subjects. *Journal of Nutrition* 1992;122:467–72.
63. Pal S, Ellis V. The acute effects of four protein meals on insulin, glucose, appetite and energy intake in lean men. *British Journal of Nutrition* 2010;104:1241–48.
64. Tang WH, Wang Z, Levison BS, Koeth RA, Britt EB, Fu X, Wu Y, Hazen SL. Intestinal microbial metabolism of phosphatidylcholine and cardiovascular risk. *N Engl J Med* 2013;368:1575–84.
65. Miller, C. A., Corbin, K. D., da Costa, K.-A., et al. (2014). Effect of egg ingestion on trimethylamine-N-oxide production in humans: a randomized, controlled, dose-response study. *The American Journal of Clinical Nutrition*, 100(3), 778–786.
66. Prior RL, Cao G, Prior RL, Cao G. Analysis of botanicals and dietary supplements for antioxidant capacity: a review. *J AOAC Int* 2000;83:950–6.
67. Kay C. D., Holub B. J. (2002). The effect of wild blueberry (*Vaccinium angustifolium*) consumption on postprandial serum antioxidant status in human subjects. *Br. J. Nutr.* 88 389–397.
68. Del Bo C., Riso P., Campolo J., Moller P., Loft S., Klimis-Zacas D., Brambilla A., Rizzolo A., Porrini M. A single portion of blueberry (*Vaccinium corymbosum* L) improves protection against DNA damage but not vascular function in healthy male volunteers. *Nutr. Res.* 2013;33:220–227.
69. Stull, A. J., Cash, K. C., Johnson, W. D., Champagne, C. M., & Cefalu, W. T. (2010). Bioactives in Blueberries Improve Insulin Sensitivity in Obese, Insulin-Resistant Men and Women. *The Journal of Nutrition*, 140(10), 1764–1768.
70. Muraki I, Imamura F, Manson JE, Hu FB, Willett WC, van Dam RM, et al. Fruit consumption and risk of type 2 diabetes: results from three prospective longitudinal cohort studies. *BMJ.* 2013;347:f5001.
71. Burton-Freeman B.M., Sandhu A.K., Edirisinghe I. Red raspberries and their bioactive polyphenols: Cardiometabolic and neuronal health links. *Adv. Nutr.* 2016;7:44–65.

72. Morillas-Ruiz J, Zafrilla P, Almar M, Cuevas MJ, Lopez FJ, Abellan P, et al. The effects of an antioxidant-supplemented beverage on exercise-induced oxidative stress: results from a placebo-controlled double-blind study in cyclists. *European Journal of Applied Physiology* 2005;95(5-6):543–9.
73. Puupponen-Pimiä R., Seppänen-Laakso T., Kankainen M., Maukonen J., Törrönen R., Kolehmainen M., Leppänen T., Moilanen E., Nohynek L., Aura A.-M., et al. Effects of ellagitannin-rich berries on blood lipids, gut microbiota, and urolithin production in human subjects with symptoms of metabolic syndrome. *Mol. Nutr. Food Res.* 2013;57:2258–2263.
74. Cassidy A, Minihane AM. The role of metabolism (and the microbiome) in defining the clinical efficacy of dietary flavonoids. *Am J Clin Nutr.* 2017;105:10–22.
75. Basu, A., Betts, N. M., Nguyen, A., Newman, E. D., Fu, D., & Lyons, T. J. (2014). Freeze-Dried Strawberries Lower Serum Cholesterol and Lipid Peroxidation in Adults with Abdominal Adiposity and Elevated Serum Lipids. *The Journal of Nutrition*, 144(6), 830–837.
76. Ellis C.L., Edirisinghe I., Kappagoda T., Burton-Freeman B. Attenuation of meal-induced inflammatory and thrombotic responses in overweight men and women after 6-week daily strawberry (*Fragaria*) intake. A randomized placebo-controlled trial. *J. Atheroscler. Thromb.* 2011;18:318–327.
77. Moazen S., Amani R., Homoyouni R. A., Shahbazian H., Ahmadi K., Taha Jaliali M. (2013). Effects of freeze-dried strawberry supplementation on metabolic biomarkers of atherosclerosis in subjects with type 2 diabetes: a randomized double-blind controlled trial. *Ann. Nutr. Metab.* 63 256–264.
78. Zhu Y.T., Miao Y., Meng Z.Y., Zhong Y. Effects of vaccinium berries on serum lipids: A meta-analysis of randomized controlled trials. *Evid.-Based Complement. Altern. Med.* 2015:11.
79. Gibson GR, Hutkins R, Sanders ME, Prescott SL, Reimer RA, Salminen SJ, et al. The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nat Rev Gastroenterol Hepatol.* 2017;14:491–502.
80. Puupponen-Pimia R, Nohynek L, Hartmann-Schmidlin S, et al. Berry phenolics selectively inhibit the growth of intestinal pathogens. *Journal of Applied Microbiology* 2005;98:991–1000.
81. Nobre A.C., Rao A., Owen G.N. L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pac. J. Clin. Nutr.* 2008;17:167–168.
82. Doherty, M., & Smith, P.M. (2005). Effects of caffeine ingestion on rating of perceived exertion during and after exercise: a meta-analysis. *Scandinavian Journal of Medicine and Science in Sports*, 15, 69-78.
83. Nagao T, Hase T, Tokimitsu I. A green tea extract high in catechins reduces body fat and cardiovascular risks in humans. *Obesity (Silver Spring)* 2007;15:1473–83.
84. Ogunleye A.A., Xue F., Michels K.B. Green tea consumption and breast cancer risk or recurrence: a meta-analysis. *Breast Cancer Res Treat.* 2010;119:477–484.
85. Huxley R, Lee CM, Barzi F. Coffee, decaffeinated coffee, and tea consumption in relation to incident type 2 diabetes mellitus: a systematic review with meta-analysis. *Arch Intern Med.* 2009;169:2053–63.
86. Axling U, Olsson C, Xu J, et al. Green tea powder and *Lactobacillus plantarum* affect gut microbiota, lipid metabolism and inflammation in high-fat fed C57BL/6J mice. *Nutrition & Metabolism* 2012;9:105.
87. Wang L., Zeng B., et al. Green Tea Polyphenols Modulate Colonic Microbiota Diversity and Lipid Metabolism in High-Fat Diet Treated HFA Mice. *J Food Sci.* 2018 Mar;83(3):864-873.
88. Wang S., Zhang C., Yang G., Yang Y. Biological properties of 6-gingerol: a brief review. *Nat. Prod. Commun.* 2014;9(7):1027–1030.
89. Black C.D., Herring M.P., Hurley D.J., O'Connor P.J. Ginger (*Zingiber officinale*) reduces muscle pain caused by eccentric exercise. *J. Pain.* 2010;11:894–903.
90. Viljoen, E., Visser, J., Koen, N., & Musekiwa, A. (2014). A systematic review and meta-analysis of the effect and safety of ginger in the treatment of pregnancy-associated nausea and vomiting. *Nutrition Journal*, 13, 20.
91. Altman R.D., Marcussen K.C. Effects of a ginger extract on knee pain in patients with osteoarthritis. *Arthritis Rheuma.* 2001;44:2531–2538.
92. Khandouzi, N., Shidfar, F., Rajab, A., Rahideh, T., Hosseini, P., & Mir Taheri, M. (2015). The Effects of Ginger on Fasting Blood Sugar, Hemoglobin A1c, Apolipoprotein B, Apolipoprotein A-I and Malondialdehyde in Type 2 Diabetic Patients. *Iranian Journal of Pharmaceutical Research: IJPR*, 14(1), 131–140.

93. Alizadeh-Navaei R, Roozbeh F, Saravi M, Pouramir M, Jalali F, Moghadamnia AA. Investigation of the effect of ginger on the lipid levels A double blind controlled clinical trial. *Saudi Med J*. 2008;29(9):1280–4.
94. Karuppiah, P., & Rajaram, S. (2012). Antibacterial effect of *Allium sativum* cloves and *Zingiber officinale* rhizomes against multiple-drug resistant clinical pathogens. *Asian Pacific Journal of Tropical Biomedicine*, 2(8), 597–601.
95. Hu, M.-L., Rayner, C. K., Wu, K.-L., Chuah, S.-K., Tai, W.-C., Chou, Y.-P., ... Hu, T.-H. (2011). Effect of ginger on gastric motility and symptoms of functional dyspepsia. *World Journal of Gastroenterology: WJG*, 17(1), 105–110.
96. Wu KL, Rayner CK, Chuah SK, et al. Effects of ginger on gastric emptying and motility in healthy humans. *Eur J Gastroenterol Hepatol*. 2008;20:436–440.
97. <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1843/2>.
98. Basu A, Devaraj S, Jialal I. Dietary factors that promote or retard inflammation. *Arterioscler Thromb Vasc Biol*. 2006;26:995–1001.
99. Menendez JA, Vellon L, Colomer R, Lupu R. Oleic acid, the main monounsaturated fatty acid of olive oil, suppresses Her-2/neu (erbB-2) expression and synergistically enhances the growth inhibitory effects of trastuzumab (Herceptin) in breast cancer cells with Her-2/neu oncogene amplification. *Ann Oncol*. 2005;16:359–71.
100. Wien M., Haddad E., Oda K., Sabaté J. A randomized 3 × 3 crossover study to evaluate the effect of Hass avocado intake on post-ingestive satiety, glucose and insulin levels, and subsequent energy intake in overweight adults. *Nutr. J*. 2013;12:155. doi: 10.1186/1475-2891-12-155.
101. Carranza J., Alvizouri M., Alvarado M. R., Chavez F., Gomez M., Herrera J. E. Effects of avocado on the level of blood lipids in patients with phenotype II and IV dyslipidemias. *Arch. Inst. Cardiol. Mex*. 1995;65:342–8.
102. Colquhoun D., Moores D., Somerset S. M., Humphries J. A. Comparison of the effects on lipoproteins and apolipoproteins of a diet high in monounsaturated fatty acids, enriched with avocado, and a high-carbohydrate diet. *Am. J. Clin. Nutr*. 1992;56:671–677.
103. Dreher, M. L., & Davenport, A. J. (2013). Hass Avocado Composition and Potential Health Effects. *Critical Reviews in Food Science and Nutrition*, 53(7), 738–750.
104. Macfarlane S, Macfarlane GT, Cummings JH. Review article: prebiotics in the gastrointestinal tract. *Aliment Pharmacol Ther*. 2006;24(5):701–14.
105. Paturi G., Butts CA., Bentley-Hewitt KL. Influence of Dietary Avocado on Gut Health in Rats. *Plant Foods Hum Nutr*. 2017 Sep;72(3):321-323.
106. Janssens P.L., Hursel R., Martens E.A., Westerterp-Plantenga M.S. Acute effects of capsaicin on energy expenditure and fat oxidation in negative energy balance. *PLoS One*. 2013;8.
107. Ludy MJ, Mattes RD. The effects of hedonically acceptable red pepper doses on thermogenesis and appetite. *Physiol Behav*. 2011;102(3):251–8.
108. Yoshioka M, St-Pierre S, Drapeau V, Dionne I, Doucet E, Suzuki M, et al. Effects of red pepper on appetite and energy intake. *Br J Nutr*. 1999;82:115–123.
109. Reinbach HC, Smeets A, Martinussen T, Møller P, Westerterp-Plantenga M. Effects of capsaicin, green tea and CH-19 sweet pepper on appetite and energy intake in humans in negative and positive energy balance. *Clinical nut*. 2009;28(3):260–5.
110. Smeets, A. J., & Westerterp-Plantenga, M. S. (2009). The acute effects of a lunch containing capsaicin on energy and substrate utilisation, hormones, and satiety. *European Journal of Nutrition*, 48(4), 229–234.
111. Maji AK, Banerji P. Phytochemistry and gastrointestinal benefits of the medicinal spice *Capsicum annum* L.(Chilli):a review. *J Complement Integr Med*. 2016;13:97–122.
112. Satyanarayana MN. Capsaicin and gastric ulcers. *Crit Rev Food Sci Nutr* 2006;46:275–328.
113. Lu, Q., Summanen, P. H., Lee, R., Huang, J., Henning, S. M., Heber, D., ... Li, Z. (2017). Prebiotic Potential and Chemical Composition of Seven Culinary Spice Extracts. *Journal of Food Science*, 82(8), 1807–1813.
114. Kang, C., Wang, B., Kaliannan, K., Wang, X., et al. (2017). Gut Microbiota Mediates the Protective Effects of Dietary Capsaicin against Chronic Low-Grade Inflammation and Associated Obesity Induced by High-Fat Diet. *mBio*, 8(3), e00470–17.
115. <https://ndb.nal.usda.gov>
116. <http://www.glycemicindex.com/foodSearch.php>

117. <http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5683/2>.118. Topping D.L., Clifton P.M. Short-chain fatty acids and human colonic function: roles of resistant starch and nonstarch polysaccharides. *Physiol Rev.* 2001;81:1031–1064.
119. Fung K.Y., Cosgrove L., Lockett T., Head R., Topping D.L. A review of the potential mechanisms for the lowering of colorectal oncogenesis by butyrate. *Br. J. Nutr.* 2012;108:820–831.
120. Tomotake H., Yamamoto N., Yanaka N., Ohinata H., Yamazaki R., Kayashita J., Kato N. High protein buckwheat flour suppresses hypercholesterolemia in rats and gallstone formation in mice by hypercholesterolemic diet and body fat in rats because of its low protein digestibility. *Nutrition.* 2006;22:166–173.
121. Tomotake H., Shimaoka I., Kayashita J., Yokoyama F., Nakajoh M., Kato N. A buckwheat protein product suppresses gallstone formation and plasma cholesterol more strongly than soy protein isolate in hamsters. *J. Nutr.* 2000;130:1670–1674.
122. Liu C.L., Chen Y.S., Yang J.H., Chiang B.H. Antioxidant activity of tartary (*Fagopyrum tataricum* L. Gaertn.) and common (*Fagopyrum esculentum* Moench) buckwheat sprouts. *J. Agric. Food Chem.* 2008;56:173–178.
123. Kreft S., Knapp M., Kreft I. Extraction of rutin from buckwheat (*Fagopyrum esculentum* Moench) seeds and determination by capillary electrophoresis. *Journal of Agricultural and Food Chemistry.* 1999;47(11):4649–4652.
124. Yang N, Ren G. Application of Near-Infrared Reflectance Spectroscopy to the Evaluation of Rutin and D-chiro-Inositol Contents in Tartary Buckwheat. *J. Agric. Food Chem.* 2008;56:761–764.
125. Larson A.J., Symons J.D., Jalili T. Therapeutic potential of quercetin to decrease blood pressure: Review of efficacy and mechanisms. *Adv. Nutr.* 2012;3:39–46.) (Kawa JM, Taylor CG, Przybylski R. Buckwheat concentrate reduces serum glucose in streptozotocin-diabetic rats. *J Agric Food Chem.* 2003;51:7287–7291.
126. Zhou XL, Yan BB, Xiao Y, Zhou YM, Liu TY. Tartary buckwheat protein prevented dyslipidemia in high-fat diet-fed mice associated with gut microbiota changes. *Food Chem Toxicol.* 2018 Feb 24. pii: S0278-6915(18)30126-1.
127. Kadooka Y, Sato M, Ogawa A, Miyoshi M, Uenishi H, Ogawa H, Ikuyama K, Kagoshima M, Tsuchida T. 2013. Effect of *Lactobacillus gasseri* SBT2055 in fermented milk on abdominal adiposity in adults in a randomised controlled trial. *Br J Nutr* 110: 1696–1703.
128. Kadooka Y, Sato M, Imaizumi K, et al. Regulation of abdominal adiposity by probiotics (*Lactobacillus gasseri* SBT2055) in adults with obese tendencies in a randomized controlled trial. *European Journal of Clinical Nutrition* 2010;64:636–43.
129. Aronsson L, Huang Y, Parini P, et al. Decreased fat storage by *Lactobacillus paracasei* is associated with increased levels of angiopoietin-like 4 protein (ANGPTL4). *PLoS One* 2010;5.
130. Takemura N, Okubo T, Sonoyama K. *Lactobacillus plantarum* strain No. 14 reduces adipocyte size in mice fed high-fat diet. *Experimental Biology and Medicine* 2010;235:849–56.
131. Lee HY, Park JH, Seok SH, et al. Human originated bacteria, *Lactobacillus rhamnosus* PL60, produce conjugated linoleic acid and show anti-obesity effects in diet-induced obese mice. *Biochimica et biophysica acta* 2006;1761:736–44
132. Naito E, Yoshida Y, Makino K, et al. Beneficial effect of oral administration of *Lactobacillus casei* strain Shirota on insulin resistance in diet-induced obesity mice. *Journal of Applied Microbiology* 2011;110:650–57.
133. Delgado GTC., Tamashirob, WMSC. Role of prebiotics in regulation of microbiota and prevention of obesity. *Food Research International.* 2018; 113: 183-188.
134. Cummings J.H., Macfarlane G.T. Gastrointestinal effects of prebiotics. *Br. J. Nutr.* 2002;87(Suppl. 2):S145–S151.
135. de Vrese M, Schrezenmeir J. Probiotics, prebiotics, and synbiotics. *Adv Biochem Eng Biotechnol* 2008; 111(8): 1.
136. Tan J, McKenzie C, Potamitis M, Thorburn AN, Mackay CR, Macia L. The role of short-chain fatty acids in health and disease. *Adv Immunol* (2014) 121:91–119.

137. Brownawell A. M., Caers W., Gibson G. R., Kendall C. W., Lewis K. D., Ringel Y., & Slavin J. L. (2012). Prebiotics and the health benefits of fiber: current regulatory status, future research, and goals. *Journal of Nutrition*, 142, 962–974.
138. Mallappa R. H., Rokana N., Duary R. K., Panwar H., Batish V. K., Grover S. Management of metabolic syndrome through probiotic and prebiotic interventions. *Indian Journal of Endocrinology and Metabolism*. 2012;16(1):20–27.
139. Slavin J.L. Dietary fiber and body weight. *Nutrition*. 2005;21:411–418.
140. Parnell J.A., Reimer R.A. Prebiotic fibres dose-dependently increase satiety hormones and alter bacteroidetes and firmicutes in lean and obese jcr:La-cp rats. *Br. J. Nutr.* 2012;107:601–613.
141. Cani PD, Lecourt E, Dewulf EM, et al. Gut microbiota fermentation of prebiotics increases satietogenic and incretin gut peptide production with consequences for appetite sensation and glucose response after a meal. *American Journal of Clinical Nutrition* 2009;90:1236–43.
142. Arora T, Singh S, Sharma RK. Probiotics: Interaction with gut microbiome and antiobesity potential. *Nutrition* 2013;29:591–96.
143. Silvas UJE, Cani PD, Delmée E, Neyrinck A, López MG, Delzenne NM. Physiological effects of dietary fructans extracted from *Agave tequilana* Gto. And *Dasyilirion* spp. *Unidad de Biotecnología e Ingeniería Genética de Plantas, México*. *Br J Nutr.* 2008;99:254–261.
144. Soto JLM, González JV, Nicanor AB, Ramírez EGR. Enzymatic production of high fructose syrup from *Agave tequilana* fructans and its physicochemical characterization. *African Journal of Biotechnology*. 2011; 10(82): 19137-19143.
145. Willems J. L., Low N. H. (2012). Major carbohydrate, polyol, and oligosaccharide profiles of agave syrup. application of this data to authenticity analysis. *J. Agric. Food Chem.* 60, 8745–8754.
146. Wang QP, Lin YQ, Zhang L, Wilson YA, Oyston LJ, Cotterell J, et al. Sucralose Promotes Food Intake through NPY and a Neuronal Fasting Response. *Cell Metab.* 2016;24(1):75–90.
147. Suez J, Korem T, Zeevi D, Zilberman-Schapira G, Thaiss CA, Maza O, et al. Artificial sweeteners induce glucose intolerance by altering the gut microbiota. *Nature*. 2014;514(7521):181–6.
148. Subramanian R., Umesh Hebbar H., Rastogi N.K. Processing of Honey: A Review *International Journal of Food Properties*, 2007;10: 127–143.
149. <http://nutritiondata.self.com/facts/sweets/5568/2>
150. Samarghandian S., Farkhondeh T., Samini F. Honey and Health: A Review of Recent Clinical Research. *Pharmacogn. Res.* 2017;9:121–127.
151. Nurul Syazana MS, Gan SH, Halim AS, Shah NS, Gan SH, Sukari HA. Analysis of volatile compounds of Malaysian Tualang (*Koompassia excelsa*) honey using gas chromatography mass spectrometry. *Afr J Tradit Complement Altern Med.* 2012;10:180–8.
152. Blasa, M., Candiracci, M., Accorsi, A., Piacentini, P.M., Albertini, M.C., Piatti, E., 2005. Raw Millefiori honey is packed full of antioxidants. *Food Chem.* 97, 217–222.
153. Komosinska-Vassev K., Olczyk P., Kaźmierczak J., Mencner L., Olczyk K. Bee pollen: chemical composition and therapeutic application. 2015;2015:6.
154. Tanzi M. G., Gabay M. P. (2002). Association between honey consumption and infant botulism. *Pharmacotherapy* 22, 1479–1483.
155. Queenan, Katie M., Maria L. Stewart, Kristen N. Smith, et al. 2007. Concentrated Oat beta-Glucan, a Fermentable Fiber, Lowers Serum Cholesterol in Hypercholesterolemic Adults in a Randomized Controlled Trial. *Nutrition Journal* 6: 6.
156. Bazzano LA, He J, Ogden LG, et al. Dietary fiber intake and reduced risk of coronary heart disease in US men and women: the National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study. *Archives of Internal Medicine* 2003;163:1897–904.
157. Anderson JW. Whole grains and coronary heart disease: the whole kernel of truth. *American Journal of Clinical Nutrition* 2004;80:1459-60.
158. van Dam RM, Hu FB, Rosenberg L, Krishnan S, Palmer JR. Dietary calcium and magnesium, major food sources, and risk of type 2 diabetes in U.S. black women. *Diabetes Care* 2006;29:2238–43.
159. Zhang PP, Hu XZ, Zhen HM, Xu C, Fan MT. Oat beta-glucan increased ATPases activity and energy charge in small intestine of rats. *J Agric Food Chem* 2012;60:9822–7.

160. Shen RL, Dang XY, Dong JL, Hu XZ. Effects of oat beta-glucan and barley beta-glucan on fecal characteristics, intestinal microflora, and intestinal bacterial metabolites in rats. *J Agric Food Chem* 2012;60:11301–8.
161. Connolly ML, Lovegrove JA, Tuohy KM. In vitro evaluation of the microbiota modulation abilities of different sized whole oat grain flakes. *Anaerobe* 2010;16:483–8.
162. diabetes-guide.org/american-diabetes-association-diet.htm.
163. heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Bean-Benefits_UCM_430105_Article.jsp.
164. centralbean.com/beans-and-your-health/beans-and-cancer/.
165. <http://dosyasb.saglik.gov.tr/Eklenti/10915,tuber-turkiye-beslenme-rehberipdf.pdf?0>
166. Menotti A, Kromhout D, Blackburn H, et al. Food intake patterns and 25-year mortality from coronary heart disease: cross-cultural correlations in the Seven Countries Study. The Seven Countries Study Research Group. *Eur J Epidemiol* 1999 Jul;15(6):507-15. 1999).
167. Voutilainen S, Lakka TA, Porkkala-Sarataho E, Rissanen T, Kaplan GA, Salonen JT. Low serum folate concentrations are associated with an excess incidence of acute coronary events: the Kuopio Ischaemic Heart Disease Risk Factor Study. *Eur J Clin Nutr*.2000;54:424-428.
168. Song Y, Sesso H, Manson JE, Cook NR, Buring JE, Liu S. Dietary magnesium intake and risk of incident hypertension among middle-aged and older US women in a 10-year follow-up study. *Am J Cardiol* 2006;98(12) 1616- 1621
169. Hallikainen M, Halonen J, Konttinen J, et al. Diet and cardiovascular health in asymptomatic normo- and mildly-to-moderately hypercholesterolemic participants—baseline data from the BLOOD FLOW intervention study. *Nutrition & Metabolism* 2013;10:62.
170. Güçlü, K.B., Uyanık, F. (2004). Saponinler ve Biyolojik Önemi. *Erciyes Üniv Vet Fak Derg.* 1(2):125-131.
171. <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2390/2>
172. Higdon JV, Delage B, Williams DE, Dashwood RH. Cruciferous vegetables and human cancer risk: epidemiologic evidence and mechanistic basis. *Pharmacol Res* 2007;55:224–36.
173. Yang J, Wang HP, Zhou L, Xu CF. Effect of dietary fiber on constipation: a meta analysis. *World J Gastroenterol.* 2012;18(48):7378–7383.
174. Slavin J. (2013). Fiber and prebiotics: mechanisms and health benefits. *Nutrients* 5, 1417–1435.
175. <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2390/2>
176. Otlés S, Ozgoz S. Health effects of dietary fiber. *Acta Sci Pol Technol Aliment.* 2014;13:191–202.
177. Andersson A, Tengblad S, Karlström B, Kamal-Eldin A, Landberg R, Basu S, et al. Whole-grain foods do not affect insulin sensitivity or markers of lipid peroxidation and inflammation in healthy, moderately overweight subjects. *J Nutr.* 2007;137:1401–1407.
178. Galan MV, Kishan AA, Silverman AL. Oral broccoli sprouts for the treatment of *Helicobacter pylori* infection: a preliminary report. *Dig Dis Sci.* 2004;49(7–8):1088–1090.
179. Sikora E, Bodziarczyk I. Composition and antioxidant activity of kale (*Brassica oleracea* L. var. *acephala*) raw and cooked. *Acta Sci Pol Technol Aliment.* 2012;11:239–248.
180. Higdon JV, Delage B, Williams DE, Dashwood RH. Cruciferous vegetables and human cancer risk: epidemiologic evidence and mechanistic basis. *Pharmacological Research* 2007;55:224-36.
181. Kim SY, Yoon S, Kwon SM, Park KS, Lee-Kim YC. Kale juice improves coronary artery disease risk factors in hyper-cholesterolemic men. *Biomed Environ Sci* 2008 21: 91-97.
182. Hutkins RW: *Microbiology and Technology of Fermented Foods.* Wiley-Blackwell; 2008.].
183. Mozaffarian D: Changes in diet and lifestyle and long-term weight gain in women and men. *N Engl J Med* 2011, 364:2392-2404.
184. Eussen SJPM, van Dongen MCJM, Wijckmans N, den Biggelaar L, Oude Elferink SJWH, Singh-Povel CM, Schram MT, Sep SJS, van der Kallen CJ, Koster A et al.: Consumption of dairy foods in relation to impaired glucose metabolism and type 2 diabetes mellitus: the Maastricht Study. *Br J Nutr* 2016, 115:1453-1461.
185. Soedamah-Muthu SS, Masset G, Verberne L, Geleijnse JM, Brunner EJ: Consumption of dairy products and associations with incident diabetes, CHD and mortality in the Whitehall II study. *Br J Nutr* 2013, 109:718-726.
186. Tapsell LC: Fermented dairy food and CVD risk. *Br J Nutr* 2015, 113:131-135.

187. An SY, Lee MS, Jeon JY, Ha ES, Kim TH, Yoon JY, Ok CO, Lee HK, Hwang WS, Choe SJ et al.: Beneficial effects of fresh and fermented kimchi in prediabetic individuals. *Ann Nutr Metab* 2013, 63:111-119.
188. Hilimire MR, DeVlyder JE, Forestell CA: Fermented foods, neuroticism, and social anxiety: an interaction model. *Psychiatry Res* 2015, 228:203-208.
189. Omagari K, Sakaki M, Tsujimoto Y, Shiogama Y, Iwanaga A, Ishimoto M, Yamaguchi A, Masuzumi M, Kawase M, Ichimura M et al.: Coffee consumption is inversely associated with depressive status in Japanese patients with type 2 diabetes. *J Clin Biochem Nutr* 2014, 55:135-142.
190. <http://www.gutmicrobiotaforhealth.com/en/guide-difference-fermented-foods-probiotics/>
191. <https://postbiotica.com>
192. Compare D., Rocco A., Coccoli P., Angrisani D., Sgamato C., Iovine B., et al. (2017). Lactobacillus casei DG and its postbiotic reduce the inflammatory mucosal response: an ex-vivo organ culture model of post-infectious irritable bowel syndrome. *BMC Gastroenterol.* 17:53.
193. Patel R. M., Myers L. S., Kurundkar A. R., Maheshwari A., Nusrat A., Lin P. W. (2012). Probiotic bacteria induce maturation of intestinal Claudin 3 expression and barrier function. *Am. J. Pathol.* 180, 626–635.
194. Patel, R. M., & Denning, P. W. (2013). Therapeutic use of prebiotics, probiotics, and postbiotics to prevent necrotizing enterocolitis: what is the current evidence?. *Clinics in perinatology*, 40(1), 11-25.
195. Ma Y, He FJ, MacGregor GA. High salt intake: independent risk factor for obesity? Hypertension. 2015;66(4):843-9.
196. Grimes CA, Riddell LJ, Campbell KJ, He FJ, Nowson CA. 24-h urinary sodium excretion is associated with obesity in a cross-sectional sample of Australian schoolchildren. *Br J Nutr.* 2016;115(6):1071–9.
197. Lanaspá MA, Kuwabara M, et al. High salt intake causes leptin resistance and obesity in mice by stimulating endogenous fructose production and metabolism. *Proc Natl Acad Sci U S A.* 2018 Mar 20;115(12):3138-3143.
198. <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1971/2>
199. Crowe KM, Murray E. Deconstructing a fruit serving: comparing the antioxidant density of select whole fruit and 100% fruit juices. *J Acad Nutr Diet* 2013;113:1354–8.
200. Imamura F, O'Connor L, Ye Z, Mursu J, Hayashino Y, Bhupathiraju SN, et al. Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction. *Br J Sports Med.* 2016;50(8):496–504.
201. <http://www.turkomp.gov.tr/database?type=compare>
202. Prieto I., et al. "Influence of a diet enriched with virgin olive oil or butter on mouse gut microbiota and its correlation to physiological and biochemical parameters related to metabolic syndrome." *PloS one* 13.1 (2018): e0190368.
203. De Palma G., et al. Effects of a gluten-free diet on gut microbiota and immune function in healthy adult human subjects. *Br. J. Nutr.* 2009;102(8): 1154– 1160.
204. Cladis, D.P., Kleiner, A.C., Freiser, H.H. et al. *Lipids* (2014) 49: 1005.
205. Matsumoto R, Tu NP, Haruta S, Kawano M, Takeuchi I. Polychlorinated biphenyl (PCB) concentrations and congener composition in masu salmon from Japan: a study of all 209 PCB congeners by high-resolution gas chromatography/high-resolution mass spectrometry (HRGC/HRMS). *Marine Pollution Bulletin* 2014;85:549–57.
206. K Kaliannan, B Wang, X-Y Li, A K Bhan, J X Kang, Omega-3 fatty acids prevent early-life antibiotic exposure-induced gut microbiota dysbiosis and later-life obesity, *International Journal of Obesity* accepted article preview 15 February 2016; doi: 10.1038/ijo.2016.27.
207. Cao ZJ, Yu JC, Kang WM, Ma ZQ, Ye X, Tian SB. Effect of n–3 polyunsaturated fatty acids on gut microbiota and endotoxin levels in portal vein of rats fed with high-fat diet. *Zhongguo Yi Xue Ke Xue Yuan Xue Bao.* 2014;36:496–500.
208. Patterson E, et al. Impact of dietary fatty acids on metabolic activity and host intestinal microbiota composition in C57BL/6J mice. *Br J Nutr* 2014; 111, 1905–1917.
209. Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto miocardico. *Lancet* 1999; 354:447-455.

210. Cho E, Hung S, Willett WC, et al. Prospective study of dietary fat and the risk of age-related macular degeneration. *American Journal of Clinical Nutrition*. 2001;73(2):209–218.
211. Hooper L, Thompson RL, Harrison RA, et al. Risks and benefits of omega 3 fats for mortality, cardiovascular disease, and cancer: systematic review. *BMJ*. 2006;332:752–760.
212. Simopoulos, A.P. (2002). Omega-3 fatty acids in inflammation and autoimmune diseases. *J Am Coll Nutr*. 21(6):495-505.
213. Ramel A, Martinez JA, Kiely M, Bandarra NM, Thorsdottir I. Effects of weight loss and seafood consumption on inflammation parameters in young, overweight and obese European men and women during 8 weeks of energy restriction. *European Journal of Clinical Nutrition* 2010;64:987–93.
214. <https://dosyasyb.saglik.gov.tr/Eklenti/10915,tuber-turkiye-beslenme-rehberipdf.pdf>
215. Ramel A, Martinez JA, Kiely M, Bandarra NM, Thorsdottir I. Effects of weight loss and seafood consumption on inflammation parameters in young, overweight and obese European men and women during 8 weeks of energy restriction. *European Journal of Clinical Nutrition* 2010;64:987–93.
216. Ramel A, Jonsdottir MT, Thorsdottir I. Consumption of cod and weight loss in young overweight and obese adults on an energy reduced diet for 8 weeks. *Nutrition, Metabolism, and Cardiovascular Diseases* 2009;19:690–96.
217. Schröder, Helmut, Jaime Marrugat, Juan Vila, et al. December 2004. "Adherence to the Traditional Mediterranean Diet Is Inversely Associated with Body Mass Index and Obesity in a Spanish Population." *The Journal of Nutrition* 143: 3355–3361.
218. Lasa A, Miranda J, Bullo M, et al. Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes. *European Journal of Clinical Nutrition* 2014;68:767–72.
219. Frank S, Linder K, Fritsche L, et al. Olive oil aroma extract modulates cerebral blood flow in gustatory brain areas in humans. *American Journal of Clinical Nutrition* 2013;98:1360–66.
220. Kozimor A, Chang H, Cooper JA. Effects of dietary fatty acid composition from a high fat meal on satiety. *Appetite* 2013;69:39–45.
221. Willett WC, Sacks F, Trichopoulos A, et al. Mediterranean diet pyramid: a cultural model for healthy eating. *American Journal of Clinical Nutrition* 1995;61:1402–1406.
222. Bes-Rastrollo M, et al. Adherence to the Mediterranean diet is inversely related to binge eating disorder in patients seeking a weight loss program. *Clin Nutr*. 2015;34(1):107-14.
223. Psaltopoulou T, Kostis RI, Haidopoulos D, et al. Olive oil intake is inversely related to cancer prevalence: a systematic review and a meta-analysis of 13,800 patients and 23,340 controls in 19 observational studies. *Lipids Health Dis*. 2011;10(1):127.
224. Garcia-Segovia P, Sanchez-Villegas A, Doreste J, et al. Olive oil consumption and risk of breast cancer in the Canary Islands: a population-based case-control study. *Public Health Nutr*. 2006;9(1A):163-7.
225. Masala G, Ambrogetti D, Assedi M, et al. Dietary and lifestyle determinants of mammographic breast density. A longitudinal study in a Mediterranean population. *Int J Cancer* 2006;118(7):1782-9
226. Hidalgo, M., et al. Effect of virgin and refined olive oil consumption on gut microbiota. Comparison to butter. *Food Research International* 64 (2014) 553–559.
227. Maiolino, G., Rossitto, G., Caielli, P., Bisogni, V., Rossi, G.P. and Calò, L.A. (2013) The Role of Oxidized Low-Density Lipoproteins in Atherosclerosis: The Myths and the Facts. *Mediators of Inflammation*, 2013, Article ID: 714653
228. Knekt, P., Jarvinen, R., Reunanen, A. and Maatela, J. (1996) Flavonoid Intake and Coronary Mortality in Finland: A Cohort Study. *British Medical Journal*, 312, 478–481.
229. Chai, S.C., Hooshmand, S., Saadat, R.L., Payton, M.E., Brummel-Smith, K. and Arjmandi, B.H. (2012) Daily Apple versus Dried Plum: Impact on Cardiovascular Disease Risk Factors in Postmenopausal Women. *Journal of the Academy of Nutrition and Dietetics*, 112, 1158–1168.

230. Sesso HD, Gaziano JM, Liu S, Buring JE. Flavonoid intake and the risk of cardiovascular disease in women. *American Journal of Clinical Nutrition* 2003;77:1400–1408.
231. Song Y, Manson J, Buring J, Sesson H, Lin S. Associations of dietary flavonoids with risk of type 2 diabetes, and markers of insulin resistance and systemic inflammation in women: a prospective and cross-sectional analysis. *J Am Coll Nutr* 2005;24:376–84.
232. Boyer J and Liu RH. Apple phytochemicals and their health benefits. *Nutr J*. 2004 May 12;3(1):5. 2004.
233. Carrasco-Pozo C, Gotteland M and Speisky H. Protection by apple peel polyphenols against indometacin-induced oxidative stress, mitochondrial damage and cytotoxicity in Caco-2 cells. *J Pharm Pharmacol*. 2010 Jul;62(7):943-50. 2010.
234. Feskanich D, Ziegler RG, Michaud DS, et al. Prospective study of fruit and vegetable consumption and risk of lung cancer among men and women. *Journal of the National Cancer Institute* 2000;92:1812–23.
235. Le Marchand L, Murphy SP, Hankin JH, Wilkens LR, Kolonel LN. Intake of flavonoids and lung cancer. *Journal of the National Cancer Institute* 2000;92:154–60.
236. Woods RK, Walters EH, Raven JM, et al. Food and nutrient intakes and asthma risk in young adults. *American Journal of Clinical Nutrition* 2003;78:414–21.
237. Licht TR, Hansen M, Bergstrom A, et al. Effects of apples and specific apple components on the cecal environment of conventional rats: role of apple pectin. *BMC Microbiology* 2010;10:13.
238. Suzuki Y, Tanaka K, Amano T, Asakura T, Muramatsu N. Utilization by intestinal bacteria and digestibility of arabino-oligosaccharides in vitro. *J Japan Soc Hort Sci* 2004;73:574-9.
239. Condezo-Hoyos L, Mohanty IP, Noratto GD. Assessing non-digestible compounds in apple cultivars and their potential as modulators of obese faecal microbiota in vitro. *Food Chemistry* 2014;161:208–15.
240. Shinohara, K., Ohashi, Y., Kawasumi, K., Terada, A., Fujisawa, T. Effect of apple intake on fecal microbiota and metabolites in humans. *Anaerobe* 16 (2010) 510-515.
241. Ravn-Haren G, Dragsted LO, Buch-Andersen T, et al. Intake of whole apples or clear apple juice has contrasting effects on plasma lipids in healthy volunteers. *European Journal of Nutrition*. 2013;52:1875–89.
242. Thijssen MA, Mensink RP: Small differences in the effects of stearic acid, oleic acid, and linoleic acid on the serum lipoprotein profile of humans. *Am J Clin Nutr*. 2005;82:510-6.
243. Jones AE, Stolinski M, Smith RD, Murphy JL, Wootton SA. Effect of fatty acid chain length and saturation on the gastrointestinal handling and metabolic disposal of dietary fatty acids in women. *Br J Nutr*. 1999;81:37-43.
244. Baer DJ, Judd JT, Kris-Etherton PM, Zhao G, Emken EA. Stearic acid absorption and its metabolizable energy value are minimally lower than those of other fatty acids in healthy men fed mixed diets. *J Nutr*. 2003;133:4129-34.
245. Bonanome A, Grundy SM. Intestinal absorption of stearic acid after consumption of high fat meals in humans. *J Nutr*. 1989;119:1556-60.
246. American Dietetic Association. Chocolate: facts and fiction. Nutrition fact sheet. Chicago, Ill: American Dietetic Association Foundation; 2000.
247. Latif, R. Chocolate / cocoa and human health: a review. *Netherlands The Journal of Medicine*. 2013, 71 (2):63-68.
248. Zomer E, Owen A, Magliano DJ, Liew D, Reid CM. The effectiveness and cost effectiveness of dark chocolate consumption as prevention therapy in people at high risk of cardiovascular disease: best case scenario analysis using a Markov model. *BMJ*. 2012; 344:e3657.
249. Franco OH, Bonneux L, de Laet C, Peeters A, Steyerberg EW, Mackenbach JP. The Polymeal: a more natural, safer, and probably tastier (than the Polypill) strategy to reduce cardiovascular disease by more than 75%. *BMJ* 2004;329:1447–50.
250. Wan Y, Vinson JA, Etherton TD, Proch J, Lazarus SA, Kris-Etherton PM. Effects of cocoa powder and dark chocolate on LDL oxidative susceptibility and prostaglandin concentrations in humans. *American Journal of Clinical Nutrition* 2001;74:596–602.
251. Grassi D, Necozione S, Lippi C, et al, Cocoa reduces blood pressure and insulin resistance and improves endothelium-dependent vasodilation in hypertensives. *Hypertension*. 2005;46:398-405.

252. Grassi D, Desideri G, Necozione S, et al, Blood Pressure Is Reduced and Insulin Sensitivity Increased in Glucose-Intolerant, Hypertensive Subjects after 15 Days of Consuming High-Polyphenol Dark Chocolate. *J. Nutr.* 2008; 138:1671-6.
253. Cuenca-Garcia M, Ruiz JR, Ortega FB, Castillo MJ, group Hs. Association between chocolate consumption and fatness in European adolescents. *Nutrition* 2014;30:236–69.
254. Tzounis X, Rodriguez-Mateos A, Vulevic J, Gibson GR, Kwik-Urbe C, Spencer JP. Prebiotic evaluation of cocoa-derived flavanols in healthy humans by using a randomized, controlled, double-blind, crossover intervention study. *American Journal of Clinical Nutrition* 2011;93:62–72.
255. <https://ndb.nal.usda.gov/ndb/foods/show/11457?fgcd=&manu=&format=&count=&max=25&offset=&sort=default&order=asc&qlookup=Spinach%2C+raw&ds=SR&qt=&qp=&qq=&qn=&q=&ing=>
256. Yang Y, Huang CY, Peng SS, Li J. Carotenoid analysis of several dark-green leafy vegetables associated with a lower risk of cancers. *Biomed Environ Sci.* 1996;9(4):386-92.
257. Jovanovski E, Bosco L, Khan K, Au-Yeung F, Ho H, Zurbau A, Jenkins AL, Vuksan V. Effect of spinach, a high dietary nitrate source, on arterial stiffness and related hemodynamic measures: a randomized, controlled trial in healthy adults. *Clin Nutr Res* 2015;4:160–7.
258. <https://ndb.nal.usda.gov/ndb/foods/show/11161?fgcd=&manu=&format=&count=&max=25&offset=&sort=default&order=asc&qlookup=Collards%2C+raw&ds=SR&qt=&qp=&qq=&qn=&q=&ing=>
259. Giaconi JA, Yu F, Stone KL, et al. The association of consumption of fruits/vegetables with decreased risk of glaucoma among older African-American women in the study of osteoporotic fractures. *Am J Ophthalmol.* 2012;154(4):635–644.
260. Kristal AR, Lampe JW. Brassica vegetables and prostate cancer risk: a review of the epidemiological evidence. *Nutr Cancer.* 2002; 42(1): 1–9.
261. Sener G, Saçan Ö, Yanardag R, Ayanoglu-Dülger G (2002) Effects of chard (*Beta vulgaris* L. var. *cicla*) extract on oxidative injury in the aorta and heart of streptozotocin-diabetic rats. *Journal of medicinal food* 5: 37–42.
262. Yanardağ R, Bolkent Ş, Özsoy-Saçan Ö, Karabulut-Bulan Ö. The effects of chard (*Beta vulgaris* L. var. *cicla*) extract on the kidney tissue, serum urea and creatinine levels of diabetic rats. *Phytother Res.* 2002;16:758–761.
263. Speciale G., Jin Y., Davies G.J., Williams S.J. and Goddard-Borger E.D. (2016) YihQ is a sulfoquinovosidase that cleaves sulfoquinovosyl diacylglyceride sulfolipids. *Nat. Chem. Biol.* 12, 215–217.
264. Etxeberria, U. et al. Reshaping faecal gut microbiota composition by the intake of trans-resveratrol and quercetin in high-fat sucrose diet-fed rats. *The Journal of nutritional biochemistry.* 2015; 26, 651–660.
265. Roopchand, D. E. et al. Dietary Polyphenols Promote Growth of the Gut Bacterium *Akkermansia muciniphila* and Attenuate High-Fat Diet-Induced Metabolic Syndrome. *Diabetes.* 2015; 64, 2847–2858). (Duenas, M. et al. A survey of modulation of gut microbiota by dietary polyphenols. *BioMed research international* 2015, 850902–15.
266. Henning S. M., Yang J., Shao P., et al. Health benefit of vegetable/fruit juice-based diet: role of microbiome. *Scientific Reports.* 2017;7(1):p. 2167.
267. Singh KK, Mridula D, Rehal J, Barnwal P. Flaxseed: a potential source of food, feed and fiber. *Crit Rev Food Sci Nutr.* 2011;51(3):210–222.
268. Campos, H.; Baylin, A.; Willett, W.C. Alpha-linolenic acid and risk of nonfatal acute myocardial infarction. *Circulation* 2008, 118, 339–345.
269. Pan, A., Chen, M., Chowdhury, R., Wu, J.H., Sun, Q., Campos, H., Mozaffarian, D., Hu, F.B. Alpha-linolenic acid and risk of cardiovascular disease: A systematic review and meta-analysis. *Am. J. Clin. Nutr.* 2012, 96, 1262–1273.
270. Mason JK, ompson LU. Flaxseed and its lignan and oil components: can they play a role in reducing the risk of and improving the treatment of breast cancer? *Appl Physiol Nutr Metab* (2014) 39:663–78.
271. Lowcock EC, Cotterchio M, Boucher BA. Consumption of flaxseed, a rich source of lignans, is associated with reduced breast cancer risk. *Cancer Causes Control* (2013) 24:813–6.

272. Demark-Wahnefried W, Polascik TJ, George SL, Switzer BR, Madden JF, Hars V, Albala DM, et al. Flaxseed Supplementation (Not Dietary Fat Restriction) Reduces Prostate Cancer Proliferation Rates on Men Presurgery. *Cancer Epidemiol Biomarkers & Prev.* 2008;17:3577–3587.
273. Ibrugger S, Kristensen M, Mikkelsen MS, Astrup A. Flaxseed dietary fiber supplements for suppression of appetite and food intake. *Appetite.* 2012;58:490–5.
274. Kristensen M, Savorani F, Christensen S, Engelsen SB, Bügel S, Toubro S, Tetens I, Astrup A. Flaxseed dietary fibers suppress postprandial lipemia and appetite sensation in young men. *Nutrition, Metabolism, and Cardiovascular Diseases.* 2011;21(9):748–756.
275. <http://nutritiondata.self.com/facts/nut-and-seed-products/3091/2>
276. Rahman K. Studies on free radicals, antioxidants, and co-factors. *Clin Interv Aging.* 2007;2(2):219–236.
277. Hudthagosol C., Haddad E., Jongsuwat R. Antioxidant activity comparison of walnuts and fatty fish. *Journal of the Medical Association of Thailand.* 2012;95(supplement 6):S179–S188.
278. Jalali-Khanabadi B.A., Mozaffari-Khosravi H., Parsaeyan N. Effects of almond dietary supplementation on coronary heart disease lipid risk factors and serum lipid oxidation parameters in men with mild hyperlipidemia. *J. Altern. Complement. Med.* 2010;16:1279–1283.
279. Damasceno NRT, Sala-Vila A, Cofán M, Pérez-Heras AM, Fitó M, Ruiz-Gutiérrez V, Martínez-González M-Á, Corella D, Arós F, Estruch R, et al. Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. *Atherosclerosis* 2013;230:347–53.).
280. Dhillon J, Tan SY, Mattes RD. Almond consumption during energy restriction lowers Truncal fat and blood pressure in compliant overweight or obese adults. *J Nutr.* 2016;146:2513–2519.
281. Li Z, Song R, Nguyen C, Zerlin A, Karp H, Naowamondhol K, et al. Pistachio nuts reduce triglycerides and body weight by comparison to refined carbohydrate snack in obese subjects on a 12-week weight loss program. *J Am Coll Nutr.* 2010;29:198–203.
282. Abazarfard Z, Salehi M, Keshavarzi S. The effect of almonds on anthropometric measurements and lipid profile in overweight and obese females in a weight reduction program: A randomized controlled clinical trial. *J Res Med Sci.* 2014;19:457–464.
283. Rebello CJ, Liu AG, Greenway FL, Dhurandhar NV. Dietary strategies to increase satiety. *Advances in Food and Nutrition Research* 2013;69:105-82.
284. Tan SY, Mattes RD. Appetitive, dietary and health effects of almonds consumed with meals or as snacks: a randomized, controlled trial. *European Journal of Clinical Nutrition* 2013;67:1205–14.
285. Mattes R.D., Kris-Etherton P.M., Foster G.D. Impact of peanuts and tree nuts on body weight and healthy weight loss in adults. *J. Nutr.* 2008;138:1741s–1745s.
286. Grundy M.M.L., Grassby T., Mandalari G., Waldron K.W., Butterworth P.J., Berry S.E.E., Ellis P.R. Effect of mastication on lipid bioaccessibility of almonds in a randomized human study and its implications for digestion kinetics, metabolizable energy, and postprandial lipemia. *Am. J. Clin. Nutr.* 2015;101:25–33.
287. Novotny J.A., Gebauer S.K., Baer D.J. Discrepancy between the Atwater factor predicted and empirically measured energy values of almonds in human diets. *Am. J. Clin. Nutr.* 2012;96:296–301.
288. Baer D.J., Gebauer S.K., Novotny J.A. Walnuts Consumed by Healthy Adults Provide Less Available Energy than Predicted by the Atwater Factors. *J. Nutr.* 2015;146:9–13.
289. Sauder KA, McCrea CE, Ulbrecht JS, Kris-Etherton PM, West SG. Effects of pistachios on the lipid/lipoprotein profile, glycemic control, inflammation, and endothelial function in type 2 diabetes: a randomized trial. *Metabolism.* 2015;64:1521–1529.
290. Jamshed H, Sultan FA, Iqbal R, Gilani AH. Dietary almonds increase serum HDL cholesterol in coronary artery disease patients in a randomized controlled trial. *J Nutr.* 2015;145:2287–2292.
291. Tey S.L., Delahunty C., Gray A., Chisholm A., Brown R.C. Effects of regular consumption of different forms of almonds and hazelnuts on acceptance and blood lipids. *Eur. J. Nutr.* 2015;54:483–487.
292. Lee YJ, Nam GE, Seo JA, Yoon T, Seo I, Lee JH, et al. Nut consumption has favorable effects on lipid profiles of Korean women with metabolic syndrome. *Nutr Res.* 2014;34:814–820.
293. Casas R., Sacanella E., Urpí-Sardà M., Chiva-Blanch G., Ros E., Martínez-González M. A., et al. (2014). The effects of the mediterranean diet on biomarkers of vascular wall inflammation and plaque vulnerability in subjects with high risk for cardiovascular disease. A randomized trial. *PLoS One* 9:e100084.

294. Parnell J.A., Reimer A.R. Prebiotic fiber modulation of the gut microbiota improves risk factors for obesity and the metabolic syndrome. *Gut Microbes*. 2012;3:29–34.
295. Ukhanova M., Wang X., Baer D.J., Novotny J.A., Fredborg M., Mai V. Effects of almond and pistachio consumption on gut microbiota composition in a randomised cross-over human feeding study. *Br. J. Nutr.* 2014;111:2146–2152.
296. Lauri O. Byerley, Derrick Samuelson, Eugene Blanchard, Meng Luo, Brittany N. Lorenzen, Shelia Banks, Monica A. Ponder, David A Welsh, Christopher M. Taylor. Changes in the Gut Microbial Communities Following Addition of Walnuts to the Diet. *The Journal of Nutritional Biochemistry*, 2017; 48:99-102.
297. Bamberger C., et al. A Walnut-Enriched Diet Affects Gut Microbiome in Healthy Caucasian Subjects: A Randomized, Controlled Trial. *Nutrients* 2018, 10, 244.
298. Hindmarch I, Rigney U, Stanley N. A naturalistic investigation of the effects of day-long consumption of tea, coffee and water on alertness, sleep onset and sleep quality. *Psychopharmacology (Berl)* 2000;149:203–16.
299. James, J. E. (1997). *Behavioral medicine & health psychology, Vol. 2. Understanding caffeine: A biobehavioral analysis.* Thousand Oaks, CA, US: Sage Publications, Inc.
300. McCall A. L., Millington W. R., Wurtman R. J. (1982). Blood-brain barrier transport of caffeine: dose-related restriction of adenine transport. *Life Sci.* 31 2709–2715.
301. Fredholm BB. Astra Award Lecture. Adenosine, adenosine receptors and the actions of caffeine. *Pharmacol Toxicol* 1995. February;76(2):93–101.
302. Lieberman H.R., Wurtman R.J., Emde G.G., Roberts C., Coviella I.L.G. The effects of low-doses of caffeine on human-performance and mood. *Psychopharmacology (Berlin)* 1987;92:308–312.
303. Dulloo A.G., Geissler C.A., Horton T., Collins A., Miller D.S. Normal caffeine consumption: Influence on thermogenesis and daily energy expenditure in lean and postobese human volunteers. *Am. J. Clin. Nutr.* 1989;49:44–50.
304. Koot P., Deurenberg P. Comparison of changes in energy expenditure and body temperatures after caffeine consumption. *Annals of Nutrition and Metabolism*. 1995;39(3):135–142.
305. Acheson K.J., Gremaud G., Meirim I., Montigon F., Krebs Y., Fay L.B., Gay L.J., Schneiter P., Schindler C., Tappy L. Metabolic effects of caffeine in humans: Lipid oxidation or futile cycling? *Am. J. Clin. Nutr.* 2004;79:40–46.
306. Anderson DE, Hickey MS. Effects of caffeine on the metabolic and catecholamine responses to exercise in 5 and 28 degrees C. *Med Sci Sports Exerc.* 1994;26:453–458.
307. Huxley R, et al. Coffee, decaffeinated coffee, and tea consumption in relation to incident type 2 diabetes mellitus: a systematic review with meta-analysis. *Arch. Intern. Med.* 2009;169:2053–2063.
308. Maia L, de Mendonça A. Does caffeine intake protect from Alzheimer’s disease? *Eur J Neurol* (2002) 9:377–82.
309. Santos C, Costa J, Santos J. Caffeine intake and dementia: systematic review and meta-analysis. *J Alzheimers Dis.* 2010;20(Suppl. 1):S187–204.
310. Hu G, Bidel S, Jousilahti P. Coffee and tea consumption and the risk of Parkinson’s disease. *Mov Disord.* 2007;22:2242–8.
311. Ascherio A., Zhang S. M., Hernán M. A., et al. Prospective study of caffeine consumption and risk of Parkinson’s disease in men and women. *Annals of Neurology*. 2001;50(1):56–63.
312. Lucas M, Mirzaei F, Pan A. Coffee, caffeine, and risk of depression among women. *Arch Intern Med.* 2011;171:1571–8.
313. Larsson S.C., Wolk A. Coffee Consumption and Risk of Liver Cancer: A Meta-Analysis. *Gastroenterology*. 2007;132:1740–1745.
314. Sinha R, Cross AJ, Daniel CR. Caffeinated and decaffeinated coffee and tea intakes and risk of colorectal cancer in a large prospective study. *Am J Clin Nutr.* 2012;96:374–81.
315. Lopez-Garcia E, van Dam RM, Qi L. Coffee consumption and markers of inflammation and endothelial dysfunction in healthy and diabetic women. *Am J Clin Nutr.* 2006;84:888–93.
316. Jaquet M., Rochat I., Moulin J., Cavin C., Bibiloni R. Impact of coffee consumption on the gut microbiota: A Human Volunteer Study. *International Journal of Food Microbiology*. 2009;130(2):117–121.

317. Cowan, T. E., Palmnas, M., Ardell, K., Yang, J. J., Reimer, R., Vogel, H., et al. (2013). Chronic coffee consumption alters gut microbiome: potential mechanism to explain the protective effects of coffee on type 2 diabetes? *FASEB J.* 27, 951–951.
318. Nakayama T, Oishi K. Influence of coffee (*coffea arabica*) and galacto-oligosaccharide consumption on intestinal microbiota and the host responses. *FEMS Microbiol Lett* 2013; 343:161-8.
319. Mileo AM, Di Venere D, Linsalata V, Fraioli R, Miccadei S. Artichoke polyphenols induce apoptosis and decrease the invasive potential of the human breast cancer cell line MDA-MB231. *Journal of cellular physiology.* 2012;227(9):3301–9.
320. Salem M. B., Affes H., Ksouda K., et al. Pharmacological studies of artichoke leaf extract and their health benefits. *Plant Foods for Human Nutrition.* 2015;70(4):441–453.
321. Rondanelli M, Monteferrario F, Perna S, Faliva MA, Opizzi A. Health-promoting properties of artichoke in preventing cardiovascular disease by its lipidic and glycemic-reducing action. *Monaldi Arch Chest Dis.* 2013;80(1):17–26.
322. Rondanelli M, Giacosa A, Opizzi A, et al. Beneficial effects of artichoke leaf extract supplementation on increasing HDL-cholesterol in subjects with primary mild hypercholesterolaemia: a double-blind, randomized, placebo-controlled trial. *International Journal of Food Sciences and Nutrition* 2013;64:7–15.
323. Barrat E, Zair Y, Ogier N, et al. A combined natural supplement lowers LDL cholesterol in subjects with moderate untreated hypercholesterolemia: a randomized placebo-controlled trial. *International Journal of Food Sciences and Nutrition* 2013;64:882–89.
324. Bundy R, Walker AF, Middleton RW, Marakis G, Booth JC. Artichoke leaf extract reduces symptoms of irritable bowel syndrome and improves quality of life in otherwise healthy volunteers suffering from concomitant dyspepsia: a subset analysis. *J Altern Complement Med.* 2004;10(4):667–9.
325. Lopez-Molina D, Navarro-Martinez MD, Rojas Melgarejo F, Hiner AN, Chazarra S, Rodriguez-Lopez JN. Molecular properties and prebiotic effect of inulin obtained from artichoke (*Cynara scolymus* L.). *Phytochemistry* 2005;66:1476–84.
326. Costabile A, Kolida S, Klinder A, et al. A double-blind, placebo-controlled, cross-over study to establish the bifidogenic effect of a very-long-chain inulin extracted from globe artichoke (*Cynara scolymus*) in healthy human subjects. *British Journal of Nutrition* 2010;104:1007–17.
327. Valdovska A., Jemljanovs A., Pilmane M., Zitare I., Konosonoka I. H., Lazdins M. (2014). Alternative for improving gut microbiota: use of Jerusalem artichoke and probiotics in diet of weaned piglets. *Pol. J. Vet. Sci.* 17, 61–69.
328. Nagpal, M., & Sood, S. (2013). Role of curcumin in systemic and oral health: An overview. *Journal of Natural Science, Biology, and Medicine*, 4(1), 3–7.
329. Tayyem RF, Heath DD, Al-Delaimy WK, et al. Curcumin content of turmeric and curry powders. *Nutr Cancer.* 2006; 55(2) 126-31.
330. Shoba G, Joy D, Joseph T, Majeed M, Rajendran R, Srinivas PS, authors. Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Planta Med.* 1998;64:353–6.
331. Carey N. Lumeng, Alan R. Saltiel (2011). Inflammatory links between obesity and metabolic disease. *J Clin Invest.* 121(6):2111-2117.
332. Jurenka JS. Anti-inflammatory properties of curcumin, a major constituent of *Curcuma longa*: a review of preclinical and clinical research. *Altern Med Rev J Clin Ther.* 2009;14:141–53.
333. Chainani-Wu N. Safety and anti-inflammatory activity of curcumin: a component of tumeric (*Curcuma longa*). *J Altern Complement Med.* 2003; 9:161–168.
334. Akazawa N, Choi Y, Miyaki A, Tanabe Y, Sugawara J, Ajisaka R, Maeda S. Curcumin ingestion and exercise training improve vascular endothelial function in postmenopausal women. *Nutr Res.* 2012; 32:795–99.
335. Aggarwal BB, Kumar A, Bharti AC. (2003). Anticancer potential of curcumin: preclinical and clinical studies. *Anticancer Res.* 23(1A):363-98.
336. Weisberg SP, Leibel R, Tortoriello DV. Dietary curcumin significantly improves obesity-associated inflammation and diabetes in mouse models of diabetes. *Endocrinology* 2008;149:3549–58.
337. Bandara T, Uluwaduge I, Jansz ER. Bioactivity of cinnamon with special emphasis on diabetes mellitus: a review. *International Journal of Food Sciences and Nutrition* 2012;63:380–86.
338. Mullin GE. Nutraceuticals for diabetes: what is the evidence? *Nutrition in Clinical Practice* 2011;26:199–201.

339. Solomon TP, Blannin AK. Effects of short-term cinnamon ingestion on in vivo glucose tolerance. *Diabetes Obes Metab.* 2007;9(6):895–901.
340. Hlebowicz J, Darwiche G, Björgell O, Almér LO. Effect of cinnamon on postprandial blood glucose, gastric emptying, and satiety in healthy subjects. *Am J Clin Nutr.* 2007;85:1552–1556.
341. Shan B1, Cai YZ, Sun M, Corke H. Antioxidant capacity of 26 spice extracts and characterization of their phenolic constituents. *J Agric Food Chem.* 2005 Oct 5;53(20):7749-59.
342. Rao, P. V., & Gan, S. H. (2014). Cinnamon: A Multifaceted Medicinal Plant. *Evidence-Based Complementary and Alternative Medicine : eCAM*, 2014, 642942.
343. Khan A, Safdar M, Ali Khan MM, Khattak KN, Anderson RA. Cinnamon improves glucose and lipids of people with type 2 diabetes. *Diabetes Care.* 2003;26(12):3215–3218.
344. Van Hul M , Geurts L , Plovier H , Druart C , Everard A , Stahlman M , Rhimi M , Chira K , Teissedre PL , Delzenne NM , Maguin E , Guilbot A , Brochot A , Gerard P , Backhed F , Cani PD .Reduced obesity, diabetes and steatosis upon cinnamon and grape pomace are associated with changes in gut microbiota and markers of gut barrier.*Am J Physiol Endocrinol Metab*314: E334-E352, 2017.
345. Pires R. H., Montanari L. B., Martins C. H. G., et al. Anticandidal efficacy of cinnamon oil against planktonic and biofilm cultures of *Candida parapsilosis* and *Candida orthopsilosis*. *Mycopathologia.* 2011;172(6):453–464.
346. Wang G.-S., Deng J.-H., Ma Y.-H., Shi M., Li B. Mechanisms, clinically curative effects, and antifungal activities of cinnamon oil and pogostemon oil complex against three species of *Candida*. *J. Tradit. Chin. Med.* 2012;32:19–24.
347. Johri RK. *Cuminumcyminum* and *Carumcarvi*: An update. *Pharmacogn Rev*, 2011; 5: 63–72.
348. Agah S., Taleb A.M., Moeini R., Gorji N., Nikbakht H. Cumin extract for symptom control in patients with irritable bowel syndrome: a case series. *Middle East J. Dig. Dis.* 2013;5(4):217–222.
349. Sowbhagya HB. 2013. Chemistry, technology, and nutraceutical functions of cumin (*Cuminum cyminum* L): an overview. *Crit Rev Food Sci Nutr* 53:1–10.
350. Zare R, Heshmati F, Fallahzadeh H, Nadjarzadeh A. Effect of cumin powder on body composition and lipid profile in overweight and obese women. *Complement Ther Clin Pract.* 2014 Nov;20(4):297-301.
351. Shavakhi A, Torki M, Khodadoostan M, Shavakhi S. Effects of cumin on nonalcoholic steatohepatitis: A double blind, randomised, controlled trial. *Advanced Biomedical Research.* 2015;4:212.
352. Dağoğlu G., Özbek H., Kati İ., Tekin M. *Foeniculum Vulgare* (Rezene) Meyvesi Eterik Yağ Ekstresinin Analjezik Etkisinin Araştırılması. *YYÜ Vet Fak Derg* 2004, 15 (1-2):23-26.
353. Albayrak S., Göncü A., Albayrak S. Geleneksel Gıda Olarak Kışniş: tıbbi Yararları ve Biyoaktiviteleri. *Mesleki Bilimler Dergisi.* 2012, 1(4):2-7.
354. Vejdani R, Shalmani HR, Mir-Fattahi M, Sajed-Nia F, Abdollahi M, Zali MR, et al. The efficacy of an herbal medicine, Carmint, on the relief of abdominal pain and bloating in patients with irritable bowel syndrome: A pilot study. *Dig Dis Sci.* 2006;51:1501–7.
355. <http://acikerisim.nku.edu.tr:8080/xmlui/bitstream/handle/20.500.11776/2387/0051097.pdf?sequence=1&isAllowed=y>
356. Abd El-Ghffar EA 1, Al-Sayed E , Shehata SM , Eldahshan OA , Efferth T . The protective role of *Ocimum basilicum* L. (Basil) against aspirin-induced gastric ulcer in mice: Impact on oxidative stress, inflammation, motor deficits and anxiety-like behavior. *Food Funct.* 2018 Aug 15;9(8):4457-4468.
357. Ali SS, Abd El Wahab MG, Ayuob NN, Suliaman M. The antidepressant-like effect of *Ocimum basilicum* in an animal model of depression. *Biotech Histochem.* 2017;92(6):390-401.
358. Raskovic A, Milanovic I, Pavlovic N, Cebovic T, Vukmirovic S, Mikov M. Antioxidant activity of rosemary (*Rosmarinus officinalis* L.) essential oil and its hepatoprotective potential. *BMC Complement Altern Med.* 2014;14:225.
359. Sengottuvelu, S. Cardamom (*Elettaria cardamomum* Linn. Maton) seeds in health. In: Preedy, V. R.; Watson, R. R.; Patel, V. B. (Ed.). *Nuts and seeds in health and disease prevention*. India: Academic Press, 2011. chap. 34, p. 289.
360. Mutmainah Susilowati R, Rahmawati N, Nugroho AE. Gastroprotective effects of combination of hot water extracts of turmeric (*Curcuma domestica* L.), cardamom pods (*Ammomum compactum* S.) and sembung

- leaf (*Blumea balsamifera* DC.) against aspirin-induced gastric ulcer model in rats. *Asian Pac J Trop Biomed.* 2014;4:S500–4.
361. Savini I., Arnone R., Catani M. V., Avigliano L. *Origanum vulgare* induces apoptosis in human colon cancer caco2 cells. *Nutrition and Cancer.* 2009;61(3):381–389.
362. Bukovská, A., Cikos, S., Juhás, S., Il'ková, G., Reháč, P., & Koppel, J. (2007). Effects of a combination of thyme and oregano essential oils on TNBS-induced colitis in mice. *Mediators of inflammation*, 2007, 23296.
363. Langdon A, Crook N, Dantas G. The effects of antibiotics on the microbiome throughout development and alternative approaches for therapeutic modulation. *Genome Med* 2016;8:39.
364. Lankelma, J. M. et al. Antibiotic-induced gut microbiota disruption during human endotoxemia: a randomised controlled study. *Gut.*, doi:10.1136/gutjnl-2016-312132 (2016).
365. Zaura E, Brandt BW, de Mattos MJT, et al. Same exposure but two radically different responses to antibiotics: resilience of the salivary microbiome versus long-term microbial shifts in feces. *mBio.* 2015;6:e01693-15.
366. Cox LM, Blaser MJ. Antibiotics in early life and obesity. *Nat Rev Endocrinol.* 2015;11:182–190.
367. Beniwal RS, Arena VC, Thomas L, Narla S, Imperiale TF, Chaudhry RA, et al. A randomized trial of yogurt for prevention of antibiotic-associated diarrhea. *Digestive Diseases and Sciences* 2003;48(10):2077–82.
368. Gibson G.R., Hutkins R., Sanders M.E., Prescott S.L., Reimer R.A., Salminen S.J., Scott K., Stanton C., Swanson K.S., Cani P.D., et al. Expert consensus document: The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nat. Rev. Gastroenterol. Hepatol.* 2017;14:491–502.
369. Szajewska H, Horvath A, Kołodziej M. Systematic review with meta-analysis: *Saccharomyces boulardii* supplementation and eradication of *Helicobacter pylori* infection. *Aliment Pharmacol Ther.* 2015;41:1237–1245.
370. Goldenberg J.Z., Lytvyn L., Steurich J., Parkin P., Mahant S., Johnston B.C. Probiotics for the prevention of pediatric antibiotic-associated diarrhea. *Cochrane Database Syst. Rev.* 2015;Cd004827. doi: 10.1002/14651858.CD004827.
371. Hempel S, Newberry SJ, Maher AR, Wang Z, Miles JN, Shanman R, et al. Probiotics for the prevention and treatment of antibiotic-associated diarrhea: a systematic review and meta-analysis. *JAMA.* 2012;307:1959–1969.
372. Shinohara K, Ohashi Y., Kawasumi K., Terada A., Fujisawa T. Effect of apple intake on fecal microbiota and metabolites in humans. *Anaerobe.* 2010;16:510–515.
373. Remely M, Hippe B, Geretschlaeger I, Stegmayer S, Hoefinger I, Haslberger A. Increased gut microbiota diversity and abundance of *Faecalibacterium prausnitzii* and *Akkermansia* after fasting: a pilot study. *Wien Klin Wochenschr* (2015) 127:394–8.
374. (<http://americangut.org/what-does-a-three-day-dietary-cleanse-do-to-your-gut-microbiome/>)
375. <https://www.endocrine-abstracts.org/ea/0056/ea0056p519>
376. Strohacker, K., Carpenter, K. C., Mcfarlin, B. K. (2009). Consequences of Weight Cycling: An Increase in Disease Risk? *International Journal of Exercise Science*, 2(3), 191–201.
377. Dulloo AG, Jacquet J, Montani J-PSY. How dieting makes the lean fatter: from a perspective of body composition autoregulation through adipostats and proteinstats awaiting discovery. *Obes Rev.* 2015;16:25–35.
378. Dulloo A.G., Montani J.P. Pathways from dieting to weight regain, to obesity and to the metabolic syndrome: An overview. *Obes. Rev.* 2015;16(Suppl. 1):1–6.
379. Thaiss C.A., Itav S., Rothschild D., Meijer M., Levy M., Moresi C. et al. Persistent microbiome alterations modulate the rate of post-dieting weight regain. *Nature.* 2016;540(7634):544–551.
380. Delgado, AM., Almedia MDV, Parisi, S. *Chemistry of the Mediterranean Diet.* Springer International Publishing Switzerland, 2017.
381. Estruch R, Ros E, Salas-Salvado J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med.* 2013;368:1279–90.
382. Salas-Salvadó J, et al. Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: One-year results of the PREDIMED randomized trial. *Arch. Intern. Med.* 2008;168:2449–2458.
383. Fito M, Guxens M, Corella D, Saez G, Estruch R, et al. (2007) Effect of a traditional Mediterranean diet on lipoprotein oxidation: a randomized controlled trial. *Arch Intern Med* 167: 1195–1203.

384. Salas-Salvadó J., Bulló M., Babio N., Martínez-González M.Á., Ibarrola-Jurado N., Basora J., Estruch R., Covas M.I., Corella D., Arós F., et al. Reduction in the incidence of type 2 diabetes with the Mediterranean diet: Results of the PREDIMED-Reus nutrition intervention randomized trial. *Diabetes Care*. 2011;34:14–19.
385. Estruch R, Martinez-Gonzalez MA, Corella D, Salas-Salvado J, Ruiz-Gutierrez V, et al. (2006) Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. *Ann Intern Med* 145: 1–11.
386. Esposito K, Marfella R, Ciotola M, Di Palo C, Giugliano F, et al. (2004) Effect of a mediterranean-style diet on endothelial dysfunction and markers of vascular inflammation in the metabolic syndrome: a randomized trial. *JAMA* 292: 1440–1446.
387. Shai I, Schwarzfuchs D, Henkin Y, Shahar DR, Witkow S, et al. (2008) Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. *N Engl J Med* 359: 229–241.
388. Esposito K, Maiorino MI, Ciotola M, Di Palo C, Scognamiglio P, et al. (2009) Effects of a Mediterranean-style diet on the need for antihyperglycemic drug therapy in patients with newly diagnosed type 2 diabetes: a randomized trial. *Ann Intern Med* 151: 306–314.
389. Steinle NCS, Ryan K, Fraser C, Shuldiner A, Mongodin E. Increased gut microbiome diversity following a high fiber Mediterranean style diet. *FASEB Journal* 2013;27:1056.3.
390. Gotsis E, Anagnostis P, Mariolis A, Vlachou A, Katsiki N, Karagiannis A. Health benefits of the Mediterranean diet: an update of research over the last 5 years. *Angiology* 2014 Apr 27.
391. Caracciolo B, Xu W, Collins S, Fratiglioni L. Cognitive decline, dietary factors and gut-brain interactions. *Mechanisms of Ageing and Development* 2014;136–137:59–69.
392. Otaegui-Arrazola A, Amiano P, Elbusto A, Urdaneta E, Martinez-Lage P. Diet, cognition, and Alzheimer's disease: food for thought. *European Journal of Nutrition* 2014;53:1–23.
393. Bifulco M. 2015. Mediterranean diet: the missing link between gut microbiota and inflammatory diseases. *Eur J Clin Nutr* 69:1078.

Su Kefiri Kaynakları

1. Ward, M. (1892). The ginger-beer plant, and the organisms composing it: a contribution to the study of fermentation yeasts and bacteria. *Philosophical Transactions of the Royal Society of London* 183, 125-187.
2. Gulitz, A., Stadie, J., Ehrmann, M.A., Ludwig, W., Vogel, R.F. (2013). Comparative phylobiomic analysis of the bacterial community of water kefir by 16S rRNA gene amplicon sequencing and ARDRA analysis. *Journal of Applied Microbiology*, 1-10.
3. Waldherr, F. W., Doll, V. M., Meißner, D., & Vogel, R. F. (2010). Identification and characterization of a glucan-producing enzyme from *Lactobacillus hilgardii* TMW 1.828 involved in granule formation of water kefir. *Food Microbiology*, 27(5), 672–678.

Kombu Çayı Kaynakları

1. Greenwalt, C. J., Ledford, R. A., Steinkraus, K. H. (1998). Determination and Characterization of the Antimicrobial Activity of the Fermented TeaKombucha. *LWT- Food Science and Technology*. 31(3), 291-296.
2. Jayabalan, R., Marimuthu, S., Swaminathan, K. (2007). Changes in content of organic acids and tea polyphenols during kombucha tea fermentation. *Food Chemistry*, 102(1), 392-398.
3. Sreeramulu, G., Zhu, Y., Knol, W. (2000). Kombucha fermentation and its antimicrobial activity. *J. Agric. Food Chem.* 48, 2589-2594.