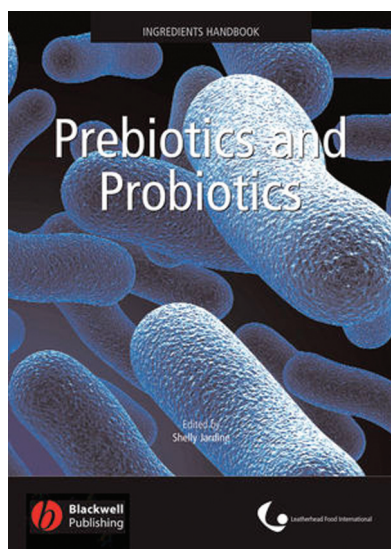


MNF Books



Prebiotics and Probiotics, 2nd Edn.

Shelly Jardine (Ed.)
Wiley-Blackwell, 2009, pp. 320
ISBN-13: 978-1-905224-52-4

Time is passing, and much has happened in the field of pre- and probiotic ingredients in food over the last decade. Thus the new edition of the ingredients handbook "*Prebiotics and Probiotics*" is an outcome of updates in

this emerging field. The composition and activity of microorganisms in the gastrointestinal tract significantly contribute to human health and well-being. Pro- and prebiotics were both originally believed to healthfully improve the microbial balance in the intestine but further health effects have been investigated that stimulate growth and activity of bacteria which are beneficial to the health of the body. Thus the market for probiotic food and drink products has expanded, following growing interest in new ingredients with possible prebiotic potential in functional foods and ingredients that have a beneficial effect on human health and well-being.

The handbook is divided into four main chapters. The prebiotic section discusses naturally occurring inulin and oligofructose, galacto-oligosaccharides, lactulose and other potential prebiotic oligosaccharides emerging in the future. The section on probiotics describes physiological properties, applications, health benefits and safe handling of the most common bacteria types, bifidobacteria and lactobacilli. In comparison with the first edition, a new and cutting-edge section is included on synbiotics. Synbiotics have synergistic effects based on pro- and prebiotics and can potentially exhibit properties of both. This new application field

provides a great growth potential in the food industry and it is important that it is included in this book. The potential benefits of synbiotics to human digestive health, modulation of the immune system and anti-carcinogenicity are discussed in detail. The fourth chapter is devoted to legislation with regulatory frameworks and current legislative aspects of adding prebiotics and probiotics to food. The legislation is provided for single EU member states as well as international developments for regulatory frameworks in non-EU countries. All the chapters are written by experts in their fields; the sections are all structured in a similar way which, along with the well-chosen sequence of the sections, makes for easy reading.

This book is a comprehensive source of information, and strengthens awareness of the emerging pre-, pro- and synbiotics on the global food market. In summary, I can highly recommend this handbook for food scientists, technologists and students. It is an essential reference tool for food industries and authorities interested in handling pre-, pro- and synbiotics.

Thorsten Kuczius
University of Münster, Germany