

DAFTAR PUSTAKA

- A. Parnell, J. and R. A. Reimer. 2012. Prebiotic fiber modulation of the gut microbiota improves risk factors for obesity and the metabolic syndrome. 3 (1): 29-34.
- Abenavoli, L., E. Scarpellini, C. Colica, L. Boccuto, B. Salehi, J. Sharifi-Rad, V. Aiello, B. Romano, A. De Lorenzo and A. A. Izzo. 2019. Gut microbiota and obesity: A role for probiotics. 11 (11): 2690.
- Abuqwider, J., A. Di Porzio, V. Barrella, C. Gatto, G. Sequino, F. De Filippis, R. Crescenzo, M. S. Spagnuolo, L. Cigliano and G. Mauriello. 2023. Limosilactobacillus reuteri dsm 17938 reverses gut metabolic dysfunction induced by western diet in adult rats. Front. Nutr. 10:
- Afidah, A. C., T. D. Wahyuningsih and W. Widodo. 2019. Growth and fose gene expression in inulin-containing medium of two straof lactobacillus casei originated from the human intestinal tract. 20 (9):
- Ahmed, Z., Y. Wang, A. Ahmad, S. T. Khan, M. Nisa, H. Ahmad and A. Afreen. 2013. Kefir and health: A contemporary perspective. Crit. Rev. Food Sci. Nutr. 53 (5): 422-434.
- Al Madhoun, A., S. Kochumon, D. Haddad, R. Thomas, R. Nizam, L. Miranda, S. Sindhu, M. S. Bitar, R. Ahmad and F. Al-Mulla. 2023. Adipose tissue caveolin-1 upregulation in obesity involves tnf- α /nf-kb mediated signaling. 12 (7): 1019.
- Al-Ismaili, A. 2021. A review on solar drying of fish. 26 (2): 1-9.
- Alakali, J., I. Unwiyi and O. Ejiga. 2009. Effect of milk blends and temperature on the quality of thermized yoghurt. 8 (8):
- Alves, E., E. N. Ntungwe, J. Gregório, L. M. Rodrigues, C. Pereira-Leite, C. Caleja, E. Pereira, L. Barros, M. V. Aguilar-Vilas and C. Rosado. 2021. Characterization of kefir produced in household conditions: Physicochemical and nutritional profile, and storage stability. 10 (5): 1057.
- Alyaqoubi, S., A. Abdullah, M. Samudi, N. Abdullah, Z. R. Addai and M. Al-Ghazali. 2014. Effect of different factors on goat milk antioxidant activity. Int. J. Chemtech Res. 6 (5): 3091-3196.
- Anderson, J. W. and S. E. Gilliland. 1999. Effect of fermented milk (yogurt) containing lactobacillus acidophilus I1 on serum cholesterol in hypercholesterolemic humans. J Am Coll Nutr. 18 (1): 43-50.
- Angelov, A., V. Gotcheva, T. Hristozova and S. Gargova. 2005. Application of pure and mixed probiotic lactic acid bacteria and yeast cultures for oat fermentation. J. Sci. Food Agric. 85 (12): 2134-2141.
- Angelov, A., V. Gotcheva, R. Kuncheva and T. Hristozova. 2006. Development of a new oat-based probiotic drink. Int. J. Food Microbiol. 112 (1): 75-80.
- Anttila, H., T. Sontag-Strohm and H. Salovaara. 2004. Viscosity of beta-glucan in oat products.
- Aoun, A., F. Darwish and N. Hamod. 2020. The influence of the gut microbiome on obesity in adults and the role of probiotics, prebiotics, and synbiotics for weight loss. 25 (2): 113.
- Arslan, S. 2015. A review: Chemical, microbiological and nutritional characteristics of kefir. 13 (3): 340-345.

- Attaie, R. and R. Richter. 2000. Size distribution of fat globules in goat milk. *J. Dairy Sci.* 83 (5): 940-944.
- Atwaa, E., M. Hassan and M. F. Ramadan. 2020. Production of probiotic stirred yoghurt from camel milk and oat milk. 11 (9): 259-264.
- Aziz, M., S. Al Mahri, A. Alghamdi, M. Alakiel, M. Al Aujan and S. Mohammad. 2019. Free fatty acids receptors (ffar2 and ffar3) control cell proliferation by regulating cellular glucose uptake.
- Aziza, M. and A. Amrane. 2012. Diauxic growth of *geotrichum candidum* and *penicillium camembertii* on amino acids and glucose. 29: 203-210.
- Backhed, F., R. E. Ley, J. L. Sonnenburg, D. A. Peterson and J. I. Gordon. 2005. Host-bacterial mutualism in the human intestine. 307 (5717): 1915-1920.
- Badel, S., T. Bernardi and P. Michaud. 2011. New perspectives for lactobacilli exopolysaccharides. 29 (1): 54-66.
- Bahrami, M., D. Ahmadi, M. Alizadeh and F. Hosseini. 2013. Physicochemical and sensorial properties of probiotic yogurt as affected by additions of different types of hydrocolloid. 33 (3): 363-368.
- Barbosa, S. J. D. A., M. M. B. Oliveira, S. B. Ribeiro, C. a. C. X. De Medeiros, M. L. D. S. Lima, G. C. B. Guerra, R. F. De Araújo Júnior, F. C. De Sousa Junior, A. A. Martins and D. F. F. Paiva. 2022. The beneficial effects of *Lacticaseibacillus casei* on the small intestine and colon of swiss mice against the deleterious effects of 5-fluorouracil. 13: 954885.
- Behnes, M., M. Brueckmann, S. Lang, C. Putensen, J. Saur, M. Borggreffe and U. Hoffmann. 2012. Alterations of leptin in the course of inflammation and severe sepsis. 12: 1-11.
- Behrouz, V., S. Jazayeri, N. Aryaeian, M. J. Zahedi and F. Hosseini. 2017. Effects of probiotic and prebiotic supplementation on leptin, adiponectin, and glycemic parameters in non-alcoholic fatty liver disease: A randomized clinical trial. 9 (3): 150.
- Bellikci-Koyu, E., B. P. Sarer-Yurekli, Y. Akyon, F. Aydin-Kose, C. Karagozlu, A. G. Ozgen, A. Brinkmann, A. Nitsche, K. Ergunay and E. Yilmaz. 2019. Effects of regular kefir consumption on gut microbiota in patients with metabolic syndrome: A parallel-group, randomized, controlled study. 11 (9): 2089.
- Bensmira, M., C. Nsabimana and B. Jiang. 2010. Effects of fermentation conditions and homogenization pressure on the rheological properties of kefir. *LWT - Food Sci. Technol.* 43 (8): 1180-1184.
- Berlina, C. R., S. Hidanah, M. A. Al Arif, E. M. Lugman and W. M. Yuniarti. 2023. Efficacy of lactic acid bacteria probiotics on feed efficiency and carcass weight in kampung unggul balitbangtan (kub) chicken. 6 (3):
- Bernat, N., M. Cháfer, C. González-Martínez, J. Rodríguez-García and A. Chiralt. 2015. Optimisation of oat milk formulation to obtain fermented derivatives by using probiotic *Lactobacillus reuteri* microorganisms. *Int. J. Food Sci. Technol.* 21 (2): 145-157.
- Bielska, P., D. Cais-Sokolińska, J. Teichert, J. Biegalski, Ł. K. Kaczyński and S. Chudy. 2021. Effect of honeydew honey addition on the water activity and water holding capacity of kefir in the context of its sensory acceptability. 11 (1): 22956.

- Bishehsari, F., P. A. Engen, N. Z. Preite, Y. E. Tuncil, A. Naqib, M. Shaikh, M. Rossi, S. Wilber, S. J. Green and B. R. Hamaker. 2018. Dietary fiber treatment corrects the composition of gut microbiota, promotes scfa production, and suppresses colon carcinogenesis. 9 (2): 102.
- Bitaraf, M. S., F. Khodaiyan and S. S. Hosseini. 2018. Rheological properties of probiotic non-fat yogurt containing lactobacillus reuteri: Effects of inulin addition, inoculum level and fermentation temperature. 1 (2): 109-116.
- Blaine, B. 2008. Does depression cause obesity? A meta-analysis of longitudinal studies of depression and weight control. 13 (8): 1190-1197.
- Bourrie, B. C., T. Ju, J. M. Foughse, A. J. Forgie, C. Sergi, P. D. Cotter and B. P. Willing. 2021. Kefir microbial composition is a deciding factor in the physiological impact of kefir in a mouse model of obesity. 125 (2): 129-138.
- Bourrie, B. C., C. Richard and B. P. Willing. 2020. Kefir in the prevention and treatment of obesity and metabolic disorders. 9 (3): 184-192.
- Bourrie, B. C., B. P. Willing and P. D. Cotter. 2016. The microbiota and health promoting characteristics of the fermented beverage kefir. Front. Microbiol.: 647.
- Broussard, J. L. and S. Klein. 2022. Insufficient sleep and obesity: Cause or consequence. 30 (10): 1914-1916.
- Brown, A. C. and A. Valiere. 2004. Probiotics and medical nutrition therapy. Nutr Clin Pract 7(2): 56-68.
- Brückner-Gühmann, M., A. Benthin and S. Drusch. 2019. Enrichment of yoghurt with oat protein fractions: Structure formation, textural properties and sensory evaluation. Food Hydrocoll. 86: 146-153.
- Buran, I., C. Akal, S. Ozturkoglu-Budak and A. Yetisemiyen. 2021a. Rheological, sensorial and volatile profiles of synbiotic kefirs produced from cow and goat milk containing varied probiotics in combination with fructooligosaccharide. LWT. 148 (111591): 1-8.
- Buran, I., C. Akal, S. Ozturkoglu-Budak and A. Yetisemiyen. 2021b. Rheological, sensorial and volatile profiles of synbiotic kefirs produced from cow and goat milk containing varied probiotics in combination with fructooligosaccharide. 148: 111591.
- Buran, I., H. C. Akal, S. Ozturkoğlu-Budak and A. Yetisemiyen. 2021c. Effect of milk kind on the physicochemical and sensorial properties of synbiotic kefirs containing lactobacillus acidophilus la-5 and bifidobacterium bifidum bb-11 accompanied with inulin. 42: e08421.
- Burkus, Z. and F. Temelli. 2000. Stabilization of emulsions and foams using barley β -glucan. 33 (1): 27-33.
- Cais-Sokolinska, D., J. Wojtowski, J. Pikul, R. Dankow, M. Majcher, J. Teichert and E. Bagnicka. 2015. Formation of volatile compounds in kefir made of goat and sheep milk with high polyunsaturated fatty acid content. J. Dairy Sci. 98 (10): 6692-6705.
- Cani, P. D., J. Amar, M. A. Iglesias, M. Poggi, C. Knauf, D. Bastelica, A. M. Neyrinck, F. Fava, K. M. Tuohy and C. Chabo. 2007a. Metabolic endotoxemia initiates obesity and insulin resistance. 56 (7): 1761-1772.
- Cani, P. D. and N. M. Delzenne. 2009. Interplay between obesity and associated metabolic disorders: New insights into the gut microbiota. 9 (6): 737-743.

- Cani, P. D., E. Lecourt, E. M. Dewulf, F. M. Sohet, B. D. Pachikian, D. Naslain, F. De Backer, A. M. Neyrinck and N. M. Delzenne. 2009. Gut microbiota fermentation of prebiotics increases satietogenic and incretin gut peptide production with consequences for appetite sensation and glucose response after a meal. *Am. J. Clin. Nutr.* 90 (5): 1236-1243.
- Cani, P. D., A. M. Neyrinck, F. Fava, C. Knauf, R. G. Burcelin, K. M. Tuohy, G. Gibson and N. M. Delzenne. 2007b. Selective increases of bifidobacteria in gut microflora improve high-fat-diet-induced diabetes in mice through a mechanism associated with endotoxaemia. 50 (11): 2374-2383.
- Carbonne, C., F. Chain, P. Langella and R. Martin. 2023. *Ligilactobacillus salivarius* cncm i-4866, a potential probiotic candidate, shows anti-inflammatory properties in vitro and in vivo. *Front. Microbiol.* 14: 1270974.
- Casarotti, S. N., B. M. Carneiro and A. L. B. Penna. 2014. Evaluation of the effect of supplementing fermented milk with quinoa flour on probiotic activity. 97 (10): 6027-6035.
- Castro, H., P. Teixeira and R. Kirby. 1995. Storage of lyophilized cultures of *Lactobacillus bulgaricus* under different relative humidities and atmospheres. *Appl. Microbiol. Biotechnol.* 44 (1): 172-176.
- Çelik, M. N. and M. Ü. Söğüt. 2019. Probiotics improve chemerin levels and metabolic syndrome parameters in obese rats. 36 (5): 270.
- Ćesić, D., L. Lugović Mihić, P. Ozretić, I. Lojkić, M. Buljan, M. Šitum, M. Zovak, D. Vidović, A. Mijić and N. Galić. 2023. Association of gut lachnospiraceae and chronic spontaneous urticaria. *Life.* 13 (6): 1280.
- Chambers, E., N. Guess, A. Viardot and G. Frost. 2011. Dietary starch and fiber: Potential benefits to body weight and glucose metabolism. *Diabetes Management.* 1 (5): 521.
- Chang, H.-C., C.-N. Huang, D.-M. Yeh, S.-J. Wang, C.-H. Peng and C.-J. Wang. 2013. Oat prevents obesity and abdominal fat distribution, and improves liver function in humans. 68 (1): 18-23.
- Cheirsilp, B. and S. Radchabut. 2011. Use of whey lactose from dairy industry for economical kefir production by *Lactobacillus kefirianofaciens* in mixed cultures with yeasts. *N Biotechnol.* 28 (6): 574-580.
- Chen, M.-J., J. Liu, J. Sheu, C. Lin and C. Chuang. 2006. Study on skin care properties of milk kefir whey. *Asian-australas. J. Anim. Sci.* 19 (6): 905-908.
- Chen, M.-J., J.-R. Liu, C.-W. Lin and Y.-T. Yeh. 2005. Study of the microbial and chemical properties of goat milk kefir produced by inoculation with taiwanese kefir grains. 18 (5): 711-715.
- Chen, X., H. Sun, F. Jiang, Y. Shen, X. Li, X. Hu, X. Shen and P. Wei. 2020. Alteration of the gut microbiota associated with childhood obesity by 16s rRNA gene sequencing. 8: e8317.
- Chen, Z., J. Shi, X. Yang, B. Nan, Y. Liu and Z. Wang. 2015. Chemical and physical characteristics and antioxidant activities of the exopolysaccharide produced by tibetan kefir grains during milk fermentation. *Int. Dairy J.* 43 (-): 15-21.
- Cheng, H. 2010. Volatile flavor compounds in yogurt: A review. 50 (10): 938-950.

- Chiu, C.-H., T.-Y. Lu, Y.-Y. Tseng and T.-M. Pan. 2006. The effects of lactobacillus-fermented milk on lipid metabolism in hamsters fed on high-cholesterol diet. 71: 238-245.
- Choi, B.-H. and J. L. Coloff. 2019. The diverse functions of non-essential amino acids in cancer. *Cancers*. 11 (5): 675.
- Chung, W. K. and R. L. Leibel. 2008. Considerations regarding the genetics of obesity. 16 (S3): S33-S39.
- Cicero, A. F., F. Fogacci, M. Veronesi, E. Strocchi, E. Grandi, E. Rizzoli, A. Poli, F. Marangoni and C. Borghi. 2020. A randomized placebo-controlled clinical trial to evaluate the medium-term effects of oat fibers on human health: The beta-glucan effects on lipid profile, glycemia and intestinal health (belt) study. 12 (3): 686.
- Ciecierska, A., M. Drywien, J. Hamulka and T. Sadkowski. 2019. Nutraceutical functions of beta-glucans in human nutrition. 70 (4):
- Clarke, S. F., E. F. Murphy, K. Nilaweera, P. R. Ross, F. Shanahan, P. W. O'toole and P. D. Cotter. 2012. The gut microbiota and its relationship to diet and obesity: New insights. *Gut microbes*. 3 (3): 186-202.
- Cook, T. M., C. K. Gavini, J. Jesse, G. Aubert, E. Gornick, R. Bonomo, L. Gautron, B. T. Layden and V. Mansuy-Aubert. 2021. Vagal neuron expression of the microbiota-derived metabolite receptor, free fatty acid receptor (ffar3), is necessary for normal feeding behavior. 54: 101350.
- Coskun, H. and E. Ondul. 2004. Free fatty acid accumulation by mesophilic lactic acid bacteria in cold-stored milk. *J. Microbiol*. 42 (2): 133-138.
- Cui, L., Q. Jia, J. Zhao, D. Hou and S. Zhou. 2023. A comprehensive review on oat milk: From oat nutrients and phytochemicals to its processing technologies, product features, and potential applications.
- Da Cruz Cabral, L., V. F. Pinto and A. Patriarca. 2013. Application of plant derived compounds to control fungal spoilage and mycotoxin production in foods. *J. Food Microbiol*. 166 (1): 1-14.
- Dalle-Donne, I., R. Rossi, R. Colombo, D. Giustarini and A. Milzani. 2006. Biomarkers of oxidative damage in human disease. *Clin*. 52 (4): 601-623.
- Daou, C. and H. Zhang. 2012. Oat beta-glucan: Its role in health promotion and prevention of diseases. 11 (4): 355-365.
- Dasgupta, M., J. R. Sharkey and G. Wu. 2005. Inadequate intakes of indispensable amino acids among homebound older adults. *J Nutr for the Elderly*. 24 (3): 85-99.
- David, L. A., C. F. Maurice, R. N. Carmody, D. B. Gootenberg, J. E. Button, B. E. Wolfe, A. V. Ling, A. S. Devlin, Y. Varma and M. A. Fischbach. 2014. Diet rapidly and reproducibly alters the human gut microbiome. *Nature*. 505 (7484): 559-563.
- De Carvalho Marchesin, J., L. S. Celiberto, A. B. Orlando, A. I. De Medeiros, R. A. Pinto, J. a. S. Zuanon, L. C. Spolidorio, A. Dos Santos, M. P. Taranto and D. C. U. Cavallini. 2018. A soy-based probiotic drink modulates the microbiota and reduces body weight gain in diet-induced obese mice. 48: 302-313.
- De La Cuesta-Zuluaga, J., N. T. Mueller, R. Álvarez-Quintero, E. P. Velásquez-Mejía, J. A. Sierra, V. Corrales-Agudelo, J. A. Carmona, J. M. Abad and J. S. Escobar. 2018. Higher fecal short-chain fatty acid levels are associated with gut microbiome

- dysbiosis, obesity, hypertension and cardiometabolic disease risk factors. 11 (1): 51.
- De Lima, M. D. S. F., R. A. Da Silva, M. F. Da Silva, P. a. B. Da Silva, R. M. P. B. Costa, J. a. C. Teixeira, A. L. F. Porto and M. T. H. Cavalcanti. 2018. Brazilian kefir-fermented sheep's milk, a source of antimicrobial and antioxidant peptides. 10: 446-455.
- De Paiva, I. M., R. Da Silva Steinberg, I. S. Lula, E. M. De Souza-Fagundes, T. De Oliveira Mendes, M. J. V. Bell, J. R. Nicoli, Á. C. Nunes and E. Neumann. 2016. Lactobacillus kefirifaciens and lactobacillus satsumensis isolated from brazilian kefir grains produce alpha-glucans that are potentially suitable for food applications. LWT-Food Sci. 72: 390-398.
- Delgado, G. T. C. and W. M. D. S. C. Tamashiro. 2018. Role of prebiotics in regulation of microbiota and prevention of obesity. 113: 183-188.
- Delwatta, S. L., M. Gunatilake, V. Baumans, M. D. Seneviratne, M. L. Dissanayaka, S. S. Batagoda, A. H. Udagedara and P. B. Walpola. 2018. Reference values for selected hematological, biochemical and physiological parameters of sprague-dawley rats at the animal house, faculty of medicine, university of colombo, sri lanka. 1 (4): 250-254.
- Delzenne, N. M., A. M. Neyrinck, F. Bäckhed and P. D. Cani. 2011. Targeting gut microbiota in obesity: Effects of prebiotics and probiotics. 7 (11): 639.
- Delzenne, N. M., M. Olivares, A. M. Neyrinck, M. Beaumont, L. Kjølbaek, T. M. Larsen, A. Benítez-Páez, M. Román-Pérez, V. Garcia-Campayo and D. Bosscher. 2020. Nutritional interest of dietary fiber and prebiotics in obesity: Lessons from the mynewgut consortium. 39 (2): 414-424.
- DemiR, H., M. Simsek and G. Yıldırım. 2021. Effect of oat milk pasteurization type on the characteristics of yogurt. LWT-Food Sci. 135 (110271): 1-8.
- Dimidi, E., S. R. Cox, M. Rossi and K. Whelan. 2019. Fermented foods: Definitions and characteristics, impact on the gut microbiota and effects on gastrointestinal health and disease. 11 (8): 1806.
- Dinan, T. G. and J. F. Cryan. 2017. Brain–gut–microbiota axis—mood, metabolism and behaviour. 14 (2): 69-70.
- Dinkçi, N., H. Kesenkaş, F. Korel and Ö. Kınık. 2015. An innovative approach: Cow/oat milk based kefir. Mljekarstvo. 65 (3): 177-186.
- Dong, J.-L., Y.-Y. Zhu, Y.-L. Ma, Q.-S. Xiang, R.-L. Shen and Y.-Q. Liu. 2016. Oat products modulate the gut microbiota and produce anti-obesity effects in obese rats. 25: 408-420.
- Drew, J. E., N. Reichardt, L. M. Williams, C.-D. Mayer, A. W. Walker, A. J. Farquharson, S. Kastora, F. Farquharson, G. Milligan and D. J. Morrison. 2018. Dietary fibers inhibit obesity in mice, but host responses in the cecum and liver appear unrelated to fiber-specific changes in cecal bacterial taxonomic composition. 8 (1): 15566.
- Duncan, S. H., G. Loble, G. Holtrop, J. Ince, A. Johnstone, P. Louis and H. J. Flint. 2008. Human colonic microbiota associated with diet, obesity and weight loss. 32 (11): 1720-1724.
- Ebringer, L., M. Ferencik and J. Krajcovic. 2008. Beneficial health effects of milk and fermented dairy products. Folia Microbiol. 53 (5): 378-394.

- El Bouchikhi, S., P. Pagès, Y. El Alaoui, A. Ibrahim and Y. Bensouda. 2019. Syneresis investigations of lacto-fermented sodium caseinate in a mixed model system. 19: 1-10.
- El Khoury, D., C. Cuda, B. Luhovyy and G. Anderson. 2012. Beta glucan: Health benefits in obesity and metabolic syndrome. *Nutr. Metab.*: 21-28.
- El-Salhy, M., C. Casen, J. Valeur, T. Hausken and J. G. Hatlebakk. 2021. Responses to faecal microbiota transplantation in female and male patients with irritable bowel syndrome. 27 (18): 2219.
- Elgarhy, M. R., M. Omar, I. Abou Ayana and S. Khalifa. 2018. Kefir production from cow's and buffalo's milk under egyptian conditions. 45 (1): 227-238.
- Ellulu, M., Y. Abed, A. Rahmat, Y. Ranneh and F. Ali. 2014. Epidemiology of obesity in developing countries: Challenges and prevention. 2 (1): 2.
- Erridge, C., T. Attina, C. M. Spickett and D. J. Webb. 2007. A high-fat meal induces low-grade endotoxemia: Evidence of a novel mechanism of postprandial inflammation. 86 (5): 1286-1292.
- Everard, A., V. Lazarevic, N. Gaïa, M. Johansson, M. Ståhlman, F. Backhed, N. M. Delzenne, J. Schrenzel, P. François and P. D. Cani. 2014. Microbiome of prebiotic-treated mice reveals novel targets involved in host response during obesity. 8 (10): 2116-2130.
- Fabersani, E., A. Marquez, M. Russo, R. Ross, S. Torres, C. Fontana, E. Puglisi, R. Medina and P. Gauffin-Cano. 2021. Lactic acid bacteria strains differently modulate gut microbiota and metabolic and immunological parameters in high-fat diet-fed mice. 8: 718564.
- Fabiano, G. A., L. M. Shinn and A. E. C. Antunes. 2023. Relationship between oat consumption, gut microbiota modulation, and short-chain fatty acid synthesis: An integrative review. 15 (16): 3534.
- Fakruddin, M., M. A. Islam, M. A. Quayum, M. M. Ahmed and N. Chowdhury. 2013. Characterization of stress tolerant high potential ethanol producing yeast from agro-industrial waste. *Am. J. Biosci. Bioieng.* 1 (2): 24-34.
- Farag, M. A., S. A. Jomaa, A. Abd El-Wahed and H. R. El-Seedi. 2020. The many faces of kefir fermented dairy products: Quality characteristics, flavour chemistry, nutritional value, health benefits, and safety. 12 (2): 346.
- Faria-Oliveira, F., R. H. Diniz, F. Godoy-Santos, F. B. Piló, H. Mezdari, I. M. Castro and R. L. Brandão. 2015. The role of yeast and lactic acid bacteria in the production of fermented beverages in south america. 107-135.
- Farnworth, E. R. 2006. Kefir—a complex probiotic. *Food Sci. Technol.* 2 (1): 1-17.
- Fazio, A., C. La Torre, M. C. Caroleo, P. Caputo, R. Cannataro, P. Plastina and E. Cione. 2020. Effect of addition of pectins from jujubes (*ziziphus jujuba* mill.) on vitamin c production during heterolactic fermentation. 25 (11): 2706.
- Fehlbaum, S., K. Prudence, J. Kieboom, M. Heerikhuisen, T. Van Den Broek, F. H. Schuren, R. E. Steinert and D. Raederstorff. 2018. In vitro fermentation of selected prebiotics and their effects on the composition and activity of the adult gut microbiota. 19 (10): 3097.
- Fernandes, Â., A. L. Antonio, L. Barros, J. C. Barreira, A. Bento, M. L. Botelho and I. C. Ferreira. 2011. Low dose γ -irradiation as a suitable solution for chestnut (*castanea*

- sativa miller) conservation: Effects on sugars, fatty acids, and tocopherols. 59 (18): 10028-10033.
- Fiorda, F. A., G. V. De Melo Pereira, V. Thomaz-Soccol, S. K. Rakshit, M. G. B. Pagnoncelli, L. P. De Souza Vandenberghe and C. R. Soccol. 2017. Microbiological, biochemical, and functional aspects of sugary kefir fermentation-a review. 66: 86-95.
- Fleissner, C. K., N. Huebel, M. M. Abd El-Bary, G. Loh, S. Klaus and M. Blaut. 2010. Absence of intestinal microbiota does not protect mice from diet-induced obesity. 104 (6): 919-929.
- Fonseca-Alaniz, M. H., L. C. Brito, C. N. Borges-Silva, J. Takada, S. Andreotti and F. B. Lima. 2007. High dietary sodium intake increases white adipose tissue mass and plasma leptin in rats. Obesity. 15 (9): 2200-2208.
- Fooks, L. J., R. Fuller and G. R. Gibson. 1999. Prebiotics, probiotics and human gut microbiology. Int. Dairy J. 9 (1): 53-61.
- Frakolaki, G., T. Kekes, F. Lympaki, V. Giannou and C. Tzia. 2022. Use of encapsulated bifidobacterium animalis subsp. Lactis through extrusion or emulsification for the production of probiotic yogurt. 45 (7): e13792.
- Fujioka, K. 2002. Management of obesity as a chronic disease: Nonpharmacologic, pharmacologic, and surgical options. 10 (S12): 116S-123S.
- Fuller, M., M. Priyadarshini, S. M. Gibbons, A. R. Angueira, M. Brodsky, M. G. Hayes, P. Kovatcheva-Datchary, F. Bäckhed, J. A. Gilbert and W. L. Lowe Jr. 2015. The short-chain fatty acid receptor, ffa2, contributes to gestational glucose homeostasis. 309 (10): E840-E851.
- Furet, J.-P., L.-C. Kong, J. Tap, C. Poitou, A. Basdevant, J.-L. Bouillot, D. Mariat, G. Corthier, J. Doré and C. Henegar. 2010. Differential adaptation of human gut microbiota to bariatric surgery-induced weight loss: Links with metabolic and low-grade inflammation markers. 59 (12): 3049-3057.
- Gamba, R. R., S. Yamamoto, M. Abdel-Hamid, T. Sasaki, T. Michihata, T. Koyanagi and T. Enomoto. 2020. Chemical, microbiological, and functional characterization of kefir produced from cow's milk and soy milk. Int. J. Microbiol. 2020:
- Ganatsios, V., P. Nigam, S. Plessas and A. Terpou. 2021. Kefir as a functional beverage gaining momentum towards its health promoting attributes. Beverages. 7 (3): 48.
- Gao, C., Z. Gao, F. L. Greenway, J. H. Burton, W. D. Johnson, M. J. Keenan, F. M. Enright, R. J. Martin, Y. Chu and J. Zheng. 2015. Oat consumption reduced intestinal fat deposition and improved health span in caenorhabditis elegans model. 35 (9): 834-843.
- Garcia, F. a. D. O., J. F. Rebouças, T. Q. Balbino, T. G. Da Silva, C. H. R. De Carvalho-Júnior, G. S. Cerqueira, G. a. D. C. Brito and G. S. D. B. Viana. 2015. Pentoxifylline reduces the inflammatory process in diabetic rats: Relationship with decreases of pro-inflammatory cytokines and inducible nitric oxide synthase. 12: 1-10.
- García-Díez, J. and C. Saraiva. 2021. Use of starter cultures in foods from animal origin to improve their safety. 18 (5): 2544.
- Gariani, K., D. Ryu, K. J. Menzies, H.-S. Yi, S. Stein, H. Zhang, A. Perino, V. Lemos, E. Katsyuba and P. Jha. 2017. Inhibiting poly adp-ribosylation increases fatty acid oxidation and protects against fatty liver disease. 66 (1): 132-141.

- Garrote, G. L., A. G. Abraham and G. L. De Antoni. 2010. Microbial interactions in kefir: A natural probiotic drink. *Biotechnology of lactic acid bacteria*. 327:
- Gaware, V., K. Kotade, R. Dolas, K. Dhamak, S. Somwanshi, V. Nikam, A. Khadse and V. Kashid. 2011. The magic of kefir: A review. 1: 376-386.
- Gentès, M.-C., D. St-Gelais and S. L. Turgeon. 2011. Gel formation and rheological properties of fermented milk with in situ exopolysaccharide production by lactic acid bacteria. 91 (5): 645.
- Gerritsen, J., B. Hornung, B. Renckens, S. A. Van Hijum, V. a. M. Dos Santos, G. T. Rijkers, P. J. Schaap, W. M. De Vos and H. Smidt. 2017. Genomic and functional analysis of *Romboutsia ilealis* reveals adaptation to the small intestine. *PeerJ*. 5: e3698.
- Gerritsen, J., B. Hornung, J. Ritari, L. Paulin, G. T. Rijkers, P. J. Schaap, W. M. De Vos and H. Smidt. 2019. A comparative and functional genomics analysis of the genus *Romboutsia* provides insight into adaptation to an intestinal lifestyle. *BioRxiv*. 845511.
- Ghasemi-Sadabadi, M., Y. Ebrahimnezhad, A. Shaddel-Tili, V. Bannapour-Ghaffari, H. Kozehgari and M. Didehvar. 2019. The effects of fermented milk products (kefir and yogurt) and probiotic on performance, carcass characteristics, blood parameters, and gut microbial population in broiler chickens. 62 (1): 361-374.
- Ghiffary, M. R., H. U. Kim and Y. K. Chang. 2019. Metabolic engineering strategies for the enhanced microalgal production of long-chain polyunsaturated fatty acids (lc-pufas). 14 (6): 1900043.
- Gilbert, A., L.-E. Rioux, D. St-Gelais and S. L. Turgeon. 2020. Characterization of syneresis phenomena in stirred acid milk gel using low frequency nuclear magnetic resonance on hydrogen and image analyses. 106: 105907.
- Glore, S. R., D. Van Treeck, A. W. Knehans and M. Guild. 1994. Soluble fiber and serum lipids: A literature review. 94 (4): 425-436.
- Goktas, H., H. Dikmen, F. Demirbas, O. Sagdic and E. Dertli. 2021. Characterisation of probiotic properties of yeast strains isolated from kefir samples. 74 (4): 715-722.
- Goldfield, G. S., C. Moore, K. Henderson, A. Buchholz, N. Obeid and M. F. Flament. 2010. Body dissatisfaction, dietary restraint, depression, and weight status in adolescents. 80 (4): 186-192.
- Gómez-Cortés, P., P. Frutos, A. Mantecón, M. Juárez, M. De La Fuente and G. Hervás. 2009. Effect of supplementation of grazing dairy ewes with a cereal concentrate on animal performance and milk fatty acid profile. 92 (8): 3964-3972.
- Goncu, B., A. Celikel, M. B. Guler-Akin and M. Serdar Akin. 2017. Some properties of kefir enriched with apple and lemon fiber. 67 (3): 208-216.
- González, A. G. and M. Á. Herrador. 2007. A practical guide to analytical method validation, including measurement uncertainty and accuracy profiles. *TrAC, Trends Anal. Chem.* 26 (3): 227-238.
- Greg, K. 2008. Inulin-type prebiotics--a review: Part 1. 13 (4): 315-329.
- Grønnevik, H., M. Falstad and J. A. Narvhus. 2011. Microbiological and chemical properties of norwegian kefir during storage. *Int. Dairy J.* 21 (9): 601-606.
- Guclu, A. U., E. Yesil, A. A. Kocak, M. Saka, H. C. Mirza, B. Dinc and A. Basustaoglu. 2021. Quantitative probiotic analysis of various kefir samples. 14 (4): 799-804.

- Gul, O., I. Atalar, M. Mortas and M. Dervisoglu. 2018. Rheological, textural, colour and sensorial properties of kefir produced with buffalo milk using kefir grains and starter culture: A comparison with cows' milk kefir. 71: 73-80.
- Gul, O., M. Mortas, I. Atalar, M. Dervisoglu and T. Kahyaoglu. 2015. Manufacture and characterization of kefir made from cow and buffalo milk, using kefir grain and starter culture. 98 (3): 1517-1525.
- Guler, Z., A. Tekin and A. Dursun. 2019. Chemical changes in strained dairy product produced with organic milk by using kefir grains and yogurt culture during refrigerated storage. 17 (3): 306-316.
- Gün, I. 2022. Comparison of composition, sensory properties and aroma compounds of kefir produced from donkey milk and cow milk. 72 (4): 213-225.
- Gursel, A., A. Gursoy, E. Anli, S. Budak, S. Aydemir and F. Durlu-Ozkaya. 2016. Role of milk protein-based products in some quality attributes of goat milk yogurt. 99 (4): 2694-2703.
- Güven, A., A. Güven and M. Gülmez. 2003. The effect of kefir on the activities of gsh-px, gst, cat, gsh and lpo levels in carbon tetrachloride-induced mice tissues. J. Vet. Med. 50 (8): 412-416.
- Guyomarc'h, F., A. J. Law and D. G. Dalgleish. 2003. Formation of soluble and micelle-bound protein aggregates in heated milk. 51 (16): 4652-4660.
- Guzel-Seydim, Z., A. Seydim and A. Greene. 2000. Organic acids and volatile flavor components evolved during refrigerated storage of kefir. 83 (2): 275-277.
- Guzel-Seydim, Z. B., Ç. Gökırmaklı and A. K. Greene. 2021. A comparison of milk kefir and water kefir: Physical, chemical, microbiological and functional properties. 113: 42-53.
- Guzel-Seydim, Z., J. T. Wyffels, A. C. Seydim and A. K. Greene. 2005. Turkish kefir and kefir grains: Microbial enumeration and electron microscobic observation. 58 (1): 25-29.
- Hadinezhad, M., C. Duc, N. F. Han and F. Hosseinian. 2013. Flaxseed soluble dietary fibre enhances lactic acid bacterial survival and growth in kefir and possesses high antioxidant capacity. 2 (5): 152.
- Haenlein, G. 2004. Goat milk in human nutrition. 51 (2): 155-163.
- Halaas, J. L., C. Boozer, J. Blair-West, N. Fidahusein, D. A. Denton and J. M. Friedman. 1997. Physiological response to long-term peripheral and central leptin infusion in lean and obese mice. 94 (16): 8878-8883.
- Halász, A. 2009. Lactic acid bacteria. 3 (-): 70-82.
- Halim, C. N. and E. Zubaidah. 2013. Studi kemampuan probiotik isolat bakteri asam laktat penghasil eksopolisakarida tinggi asal sawi asin (*brassica juncea*). 1 (1): 129-137.
- Hassan, A. a. M., S. S. Sakr, A. A. Ali, I. A. Mohamed Ahmed and H. Elkashef. 2023. Isolation, identification, and biochemical characterization of five lacticaseibacillus strains from oggtt: A traditional fermented and dried buttermilk. 11 (2): 1040-1050.
- Hazal Özyurt, V. and S. Ötleş. 2014. Prebiyotikler: Metabolizma içi önemli bir gıda bileşeni. 12 (1):
- He, L.-X., J. Zhao, Y.-S. Huang and Y. Li. 2016. The difference between oats and beta-glucan extract intake in the management of hba1c, fasting glucose and insulin sensitivity: A meta-analysis of randomized controlled trials. 7 (3): 1413-1428.

- Henrion, M., C. Francey, K.-A. Lê and L. Lamothe. 2019. Cereal b-glucans: The impact of processing and how it affects physiological responses. 11 (8): 1729.
- Hidayati, S. N., H. Hadi and W. Lestariana. 2016. Hubungan asupan zat gizi dan indeks masa tubuh dengan hiperlipidemia pada murid sltp yang obesitas di yogyakarta. 8 (1): 25-31.
- Hikmetoglu, M., E. Sogut, O. Sogut, C. Gokirmakli and Z. Guzel-Seydim. 2020. Changes in carbohydrate profile in kefir fermentation. 23: 100220.
- Hill, C., F. Guarner, G. Reid, G. R. Gibson, D. J. Merenstein, B. Pot, L. Morelli, R. B. Canani, H. J. Flint and S. Salminen. 2014. Expert consensus document: The international scientific association for probiotics and prebiotics consensus statement on the scope and appropriate use of the term probiotic. 11 (8): 506.
- Ho, H. V., J. L. Sievenpiper, A. Zurbau, S. B. Mejia, E. Jovanovski, F. Au-Yeung, A. L. Jenkins and V. Vuksan. 2016. The effect of oat β -glucan on ldl-cholesterol, non-hdl-cholesterol and apob for cvd risk reduction: A systematic review and meta-analysis of randomised-controlled trials. 116 (8): 1369-1382.
- Hoenselaar, R. 2012. The importance of reducing sfa intake to limit chd risk. Br. J. Nutr. 107 (3): 450-451.
- Holmes, Z. C., J. D. Silverman, H. K. Dressman, Z. Wei, E. P. Dallow, S. C. Armstrong, P. C. Seed, J. F. Rawls and L. A. David. 2020. Short-chain fatty acid production by gut microbiota from children with obesity differs according to prebiotic choice and bacterial community composition. 11 (4): 10.1128/mbio. 00914-20.
- Holt, C., J. Carver, H. Ecroyd and D. Thorn. 2013. Invited review: Caseins and the casein micelle: Their biological functions, structures, and behavior in foods. 96 (10): 6127-6146.
- Hotamisligil, G. 1999. Mechanisms of tnf- α -induced insulin resistance. 107 (02): 119-125.
- Hou, Q., Y. Li, L. Li, G. Cheng, X. Sun, S. Li and H. Tian. 2015. The metabolic effects of oats intake in patients with type 2 diabetes: A systematic review and meta-analysis. 7 (12): 10369-10387.
- Hou, Y. and G. Wu. 2018. Nutritionally essential amino acids. Adv Nutr . 9 (6): 849-851.
- Hou, Y.-P., Q.-Q. He, H.-M. Ouyang, H.-S. Peng, Q. Wang, J. Li, X.-F. Lv, Y.-N. Zheng, S.-C. Li and H.-L. Liu. 2017. Human gut microbiota associated with obesity in chinese children and adolescents. 2017 (1): 7585989.
- Hua, Q., H. Zhang, R. Xu, C. Tian, T. Gao, Y. Yuan, Y. Han, Y. Li, C. Qi and F. Zhong. 2023. *Lactacaseibacillus casei* atcc334 ameliorates radiation-induced intestinal injury in rats by targeting microbes and metabolites. 67 (1): 2200337.
- Huang, C. B., Y. Alimova, T. M. Myers and J. L. Ebersole. 2011. Short-and medium-chain fatty acids exhibit antimicrobial activity for oral microorganisms. 56 (7): 650-654.
- Hurtado-Romero, A., M. Del Toro-Barbosa, M. S. Gradilla-Hernández, L. E. Garcia-Amezquita and T. García-Cayuela. 2021. Probiotic properties, prebiotic fermentability, and gaba-producing capacity of microorganisms isolated from mexican milk kefir grains: A clustering evaluation for functional dairy food applications. 10 (10): 2275.
- Ichimura, A., S. Hasegawa, M. Kasubuchi and I. Kimura. 2014. Free fatty acid receptors as therapeutic targets for the treatment of diabetes. 5: 236.

- Ijaz, F., R. K. Aftab and S. Jawed. 2018. Comparison of tumor necrosis factor alpha and insulin resistance in obese versus non-obese type 2 diabetic patients. 24 (1): 713-717.
- Inoue, D., G. Tsujimoto and I. Kimura. 2014. Regulation of energy homeostasis by gpr41. 5: 93405.
- Iraporda, C., I. A. Rubel, G. D. Manrique and A. G. Abraham. 2019. Influence of inulin rich carbohydrates from jerusalem artichoke (*helianthus tuberosus* L.) tubers on probiotic properties of lactobacillus strains. 101: 738-746.
- Izquierdo, A. G., A. B. Crujeiras, F. F. Casanueva and M. C. Carreira. 2019. Leptin, obesity, and leptin resistance: Where are we 25 years later? *Nutrients*. 11 (11): 2704.
- Jandal, J. 1996. Comparative aspects of goat and sheep milk. 22 (2): 177-185.
- Jedwab, C. F., B. C. D. M. B. Roston, A. B. F. D. S. Toge, I. F. Echeverria, G. O. G. Tavares, M. A. Alvares, V. E. V. Rullo and M. R. M. D. Oliveira. 2021. The role of probiotics in the immune response and intestinal microbiota of children with celiac disease: A systematic review. 40: e2020447.
- Johansson, M., G. Molin, B. Jeppsson, S. Nobaek, S. Ahrne and S. Bengmark. 1993. Administration of different lactobacillus strains in fermented oatmeal soup: In vivo colonization of human intestinal mucosa and effect on the indigenous flora. 59 (1): 15-20.
- Joseph, N., J. B. Clayton, S. L. Hoops, C. A. Linhardt, A. Mohd Hashim, B. N. Mohd Yusof, S. Kumar and S. Amin Nordin. 2020. Alteration of the gut microbiome in normal and overweight school children from selangor with lactobacillus fermented milk administration. 16: 1176934320965943.
- Joung, H., J. Chu, B.-K. Kim, I.-S. Choi, W. Kim and T.-S. Park. 2021. Probiotics ameliorate chronic low-grade inflammation and fat accumulation with gut microbiota composition change in diet-induced obese mice models. 105: 1203-1213.
- Kalamaki, M. S. and A. S. Angelidis. 2017. Isolation and molecular identification of yeasts in greek kefir. 70 (2): 261-268.
- Kamer, A. R., S. Pushalkar, D. Gulivindala, T. Butler, Y. Li, K. R. C. Annam, L. Glodzik, K. V. Ballman, P. M. Corby and K. Blennow. 2021. Periodontal dysbiosis associates with reduced csf a β 42 in cognitively normal elderly. 13 (1): e12172.
- Kandler, O. 1983. Carbohydrate metabolism in lactic acid bacteria. 49: 209-224.
- Kaplan, H. and R. W. Hutkins. 2000. Fermentation of fructooligosaccharides by lactic acid bacteria and bifidobacteria. 66 (6): 2682-2684.
- Karam, M. C., C. Gaiani, C. Hosri, J. Burgain and J. Scher. 2013. Effect of dairy powders fortification on yogurt textural and sensorial properties: A review. 80 (4): 400-409.
- Karimi, G., M. R. Sabran, R. Jamaluddin, K. Parvaneh, N. Mohtarrudin, Z. Ahmad, H. Khazaai and A. Khodavandi. 2015. The anti-obesity effects of lactobacillus casei strain shirota versus orlistat on high fat diet-induced obese rats. 59 (1): 29273.
- Kassaian, N., A. Feizi, A. Aminorroaya, M. T. Ebrahimi, A. Norouzi and M. Amini. 2019. Effects of probiotics and synbiotic on lipid profiles in adults at risk of type 2 diabetes: A double-blind randomized controlled clinical trial. 9 (7): 494-507.
- Kasubuchi, M., S. Hasegawa, T. Hiramatsu, A. Ichimura and I. Kimura. 2015. Dietary gut microbial metabolites, short-chain fatty acids, and host metabolic regulation. *Nutrients*. 7 (4): 2839-2849.

- Katakura, Y., R. Sano, T. Hashimoto, K. Ninomiya and S. Shioya. 2010. Lactic acid bacteria display on the cell surface cytosolic proteins that recognize yeast mannan. 86: 319-326.
- Kato-Kataoka, A., K. Nishida, M. Takada, M. Kawai, H. Kikuchi-Hayakawa, K. Suda, H. Ishikawa, Y. Gondo, K. Shimizu and T. Matsuki. 2016. 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. 82 (12): 3649-3658.
- Kaur, K. D., A. Jha, L. Sabikhi and A. Singh. 2014. Significance of coarse cereals in health and nutrition: A review. 51 (8): 1429-1441.
- Kavas, N., G. Kavas, Ö. Kınık, M. Ateş, G. Şatır and M. Kaplan. 2022. Fatty acids and free amino acid composition of synbiotic goat cheese with free and encapsulated probiotics. 72 (4): 226-236.
- Kedia, G., J. A. Vázquez and S. S. Pandiella. 2008. Fermentability of whole oat flour, peritex flour and bran by lactobacillus plantarum. 89 (2): 246-249.
- Keogh, M. and B. O'kenedy. 1998. Rheology of stirred yogurt as affected by added milk fat, protein and hydrocolloids. 63 (1): 108-112.
- Kesekas, H. 2011. Antioxidant properties of kefir produced from different cow and soy milk mixtures. 17 (3):
- Khallouki, F., M. Eddouks, A. Mourad, A. Breuer and R. W. Owen. 2017. Ethnobotanic, ethnopharmacologic aspects and new phytochemical insights into moroccan argan fruits. 18 (11): 2277.
- Khan, M. J., K. Gerasimidis, C. A. Edwards and M. G. Shaikh. 2016. Role of gut microbiota in the aetiology of obesity: Proposed mechanisms and review of the literature. 2016:
- Khan, S. H. and F. A. Ansari. 2007. Probiotics the friendly bacteria with market potential in global market. Pak. J. Pharm. Sci. 20 (1): 76.
- Khanna, D., S. Khanna, P. Khanna, P. Kahar and B. M. Patel. 2022. Obesity: A chronic low-grade inflammation and its markers. 14 (2):
- Kim, D.-H., D. Jeong, I.-B. Kang, H.-W. Lim, Y. Cho and K.-H. Seo. 2019a. Modulation of the intestinal microbiota of dogs by kefir as a functional dairy product. 102 (5): 3903-3911.
- Kim, D.-H., H. Kim, D. Jeong, I.-B. Kang, J.-W. Chon, H.-S. Kim, K.-Y. Song and K.-H. Seo. 2017. Kefir alleviates obesity and hepatic steatosis in high-fat diet-fed mice by modulation of gut microbiota and mycobiota: Targeted and untargeted community analysis with correlation of biomarkers. 44: 35-43.
- Kim, K. N., Y. Yao and S. Y. Ju. 2019b. Short chain fatty acids and fecal microbiota abundance in humans with obesity: A systematic review and meta-analysis. 11 (10): 2512.
- Kim, S., J. Kwak, M. Song, J. Cho, E. S. Kim, G. B. Keum, H. Doo, S. Pandey, J. H. Cho and S. Ryu. 2023. Effects of lactocaseibacillus casei (lactobacillus casei) and saccharomyces cerevisiae mixture on growth performance, hematological parameters, immunological responses, and intestinal microbiome in weaned pigs. 10: 1140718.

- Kim, S. Y., O. Hyeonbin, P. Lee and Y.-S. Kim. 2020. The quality characteristics, antioxidant activity, and sensory evaluation of reduced-fat yogurt and nonfat yogurt supplemented with basil seed gum as a fat substitute. 103 (2): 1324-1336.
- Kim, Y., J. Keogh and P. Clifton. 2018. Probiotics, prebiotics, synbiotics and insulin sensitivity. 31 (1): 35-51.
- Kim, Y. and R. Liu. 2002. Increase of conjugated linoleic acid content in milk by fermentation with lactic acid bacteria. 67 (5): 1731-1737.
- Kimura, I., K. Ozawa, D. Inoue, T. Imamura, K. Kimura, T. Maeda, K. Terasawa, D. Kashihara, K. Hirano and T. Tani. 2013. The gut microbiota suppresses insulin-mediated fat accumulation via the short-chain fatty acid receptor gpr43. 4 (1): 1-12.
- Kiss, A., Z. Naár, L. Daróczy, S. Kukovics, F. Kukovics, I. Mirmazloun and E. Némedi. 2019. Changes of free fatty acid composition and number of lactic acid bacteria in three functional goat and sheep milk products fortified with inulin or fish oil. 17 (1): 51-59.
- Kök-Taş, T., A. C. Seydim, B. Özer and Z. B. Guzel-Seydim. 2013. Effects of different fermentation parameters on quality characteristics of kefir. 96 (2): 780-789.
- Kopiasz, Ł., K. Dziendzikowska, M. Gajewska, M. Oczkowski, K. Majchrzak-Kuligowska, T. Królikowski and J. Gromadzka-Ostrowska. 2021. Effects of dietary oat beta-glucans on colon apoptosis and autophagy through tlr5 and dectin-1 signaling pathways—crohn's disease model study. 13 (2): 321.
- Kopiasz, Ł., K. Dziendzikowska and J. Gromadzka-Ostrowska. 2022. Colon expression of chemokines and their receptors depending on the stage of colitis and oat beta-glucan dietary intervention—crohn's disease model study. 23 (3): 1406.
- Kristensen, M. and M. G. Jensen. 2011. Dietary fibres in the regulation of appetite and food intake. Importance of viscosity. 56 (1): 65-70.
- Kumar, L., R. Sehrawat and Y. Kong. 2021. Oat proteins: A perspective on functional properties. 152: 112307.
- Kumar, P., M. Dobriyal, A. Kale, A. Pandey, R. Tomar and E. Thounaojam. 2022. Calculating forest species diversity with information-theory based indices using sentinel-2a sensor's of mahavir swami wildlife sanctuary. 17 (5): e0268018.
- Kumar, R., S. Grover and V. K. Batish. 2011. Hypocholesterolaemic effect of dietary inclusion of two putative probiotic bile salt hydrolase-producing *Lactobacillus plantarum* strains in sprague-dawley rats. 105 (4): 561-573.
- Kusmiyati, N., S. Sunarti, T. D. Wahyuningsih and W. Widodo. 2019. Peptide identification and expression analysis of genes involved in inulin metabolism in *Lactobacillus casei* ap. 6 (4): 217-224.
- Kusmiyati, N., T. Wahyuningsih and W. Widodo. 2018. Prebiotic effect of inulin extract from dahlia tubers (*dahlia pinnata* L.) on the growth performance of intestinal-origin *Lactobacillus casei* ap. 17: 405-410.
- Larosa, C. P., C. F. Balthazar, J. T. Guimarães, R. S. Rocha, R. Silva, T. C. Pimentel, D. Granato, M. C. K. Duarte, M. C. Silva and M. Q. Freitas. 2021. Sheep milk kefir sweetened with different sugars: Sensory acceptance and consumer emotion profiling. 104 (1): 295-300.
- Lauková, A., L. Micenková, L. Grešáková, M. Maďarová, M. P. Simonová, V. Focková and J. Ščerbová. 2022. Microbiome associated with slovak raw goat milk, trace minerals, and vitamin e content. 2022 (1): 4595473.

- Le Chatelier, E., T. Nielsen, J. Qin, E. Prifti, F. Hildebrand, G. Falony, M. Almeida, M. Arumugam, J.-M. Batto and S. Kennedy. 2013. Richness of human gut microbiome correlates with metabolic markers. *Nature*. 500 (7464): 541-546.
- Le Parc, A., D. C. Dallas, S. Duaut, J. Leonil, P. Martin and D. Barile. 2014. Characterization of goat milk lactoferrin n-glycans and comparison with the n-glycomes of human and bovine milk. 35 (11): 1560-1570.
- Lee, B., C.-C. Yong, H.-C. Yi, S. Kim and S. Oh. 2020. A non-yeast kefir-like fermented milk development with *Lactobacillus acidophilus* Kcnu and *Lactobacillus brevis* bmb6. 40 (4): 541.
- Lee, W. and J. Lucey. 2010. Formation and physical properties of yogurt. 23 (9): 1127-1136.
- Leite, A., D. Leite, E. Del Aguila, T. Alvares, R. Peixoto, M. Miguel, J. Silva and V. Paschoalin. 2013a. Microbiological and chemical characteristics of brazilian kefir during fermentation and storage processes. *J. Dairy Sci.* . 96 (7): 4149-4159.
- Leite, A. M., B. Mayo, C. T. Rachid, R. Peixoto, J. Silva, V. Paschoalin and S. Delgado. 2012. Assessment of the microbial diversity of brazilian kefir grains by pcr-dgge and pyrosequencing analysis. *Food Microbiol.* 31 (2): 215-221.
- Leite, A. M. D. O., M. a. L. Miguel, R. S. Peixoto, A. S. Rosado, J. T. Silva and V. M. F. Paschoalin. 2013b. Microbiological, technological and therapeutic properties of kefir: A natural probiotic beverage. *Braz. J. Microbiol.* 44 (2): 341-349.
- Ley, R. E., F. Bäckhed, P. Turnbaugh, C. A. Lozupone, R. D. Knight and J. I. Gordon. 2005. Obesity alters gut microbial ecology. 102 (31): 11070-11075.
- Ley, R. E., P. J. Turnbaugh, S. Klein and J. I. Gordon. 2006. Human gut microbes associated with obesity. *Nature*. 444 (7122): 1022-1023.
- Li, D., X. Zhang, Y. Fan, Y. Zhang, X. Tao and J. Yang. 2023. Lycium barbarum polysaccharides improved glucose metabolism in prediabetic mice by regulating duodenal contraction. 15 (20): 4437.
- Liang, J., Y. Cai, X. Xue, X. Li, Z. Li, C. Xu, G. Xie and Y. Yu. 2022. Does schizophrenia itself cause obesity? 13: 934384.
- Lin, H. V., A. Frassetto, E. J. Kowalik Jr, A. R. Nawrocki, M. M. Lu, J. R. Kosinski, J. A. Hubert, D. Szeto, X. Yao and G. Forrest. 2012. Butyrate and propionate protect against diet-induced obesity and regulate gut hormones via free fatty acid receptor 3-independent mechanisms. *PloS one*. 7 (4): e35240.
- Lin, N., Y. Li, L. Tang, J. Shi and Y. Chen. 2013. In vivo effect of oat cereal β -glucan on metabolic indexes and satiety-related hormones in diet-induced obesity c 57-b 1 mice. 57 (7): 1291-1294.
- Lin, S.-Y., C.-P. Yang, Y.-Y. Wang, C.-W. Hsiao, W.-Y. Chen, S.-L. Liao, Y.-L. Lo, Y.-H. Chang, C.-J. Hong and C.-J. Chen. 2020. Interleukin-4 improves metabolic abnormalities in leptin-deficient and high-fat diet mice. 21 (12): 4451.
- Liu, Z., X. Zhou, W. Wang, L. Gu, C. Hu, H. Sun, C. Xu, J. Hou and Z. Jiang. 2022. *Lactobacillus paracasei* 24 attenuates lipid accumulation in high-fat diet-induced obese mice by regulating the gut microbiota. 70 (15): 4631-4643.
- Lopetuso, L. R., F. Scaldaferri, V. Petito and A. Gasbarrini. 2013. Commensal clostridia: Leading players in the maintenance of gut homeostasis. *Gut Pathog.* 5: 1-8.
- Łopusiewicz, Ł., E. Drożdowska, P. Siedlecka, M. Mężyńska, A. Bartkowiak, M. Sienkiewicz, H. Zielińska-Bliźniewska and P. Kwiatkowski. 2019. Development, characterization,

- and bioactivity of non-dairy kefir-like fermented beverage based on flaxseed oil cake. 8 (11): 544.
- Lu, Y., C. Fan, A. Liang, X. Fan, R. Wang, P. Li and K. Qi. 2018. Effects of scfa on the DNA methylation pattern of adiponectin and resistin in high-fat-diet-induced obese male mice. 120 (4): 385-392.
- Luana, N., C. Rossana, J. A. Curiel, P. Kaisa, G. Marco and C. G. Rizzello. 2014. Manufacture and characterization of a yogurt-like beverage made with oat flakes fermented by selected lactic acid bacteria. 185: 17-26.
- Lucatto, J. N., R. A. Da Silva-Buzanello, S. N. T. G. De Mendonça, T. C. Lazarotto, J. L. Sanchez, E. Bona and D. A. Drunkler. 2020. Performance of different microbial cultures in potentially probiotic and prebiotic yoghurts from cow and goat milks. *Int. J. Dairy Technol.* 73 (1): 144-156.
- Luiking, Y. C., N. E. Deutz, R. G. Memelink, S. Verlaan and R. R. Wolfe. 2014. Postprandial muscle protein synthesis is higher after a high whey protein, leucine-enriched supplement than after a dairy-like product in healthy older people: A randomized controlled trial. 13: 1-14.
- Luo, Z., L. Ma, T. Zhou, Y. Huang, L. Zhang, Z. Du, K. Yong, X. Yao, L. Shen and S. Yu. 2022. Beta-glucan alters gut microbiota and plasma metabolites in pre-weaning dairy calves. 12 (8): 687.
- Ma, J., Y. Zhu, Z. Wang, X. Yu, R. Hu, X. Wang, G. Cao, H. Zou, A. M. Shah and Q. Peng. 2020. Comparing the bacterial community in the gastrointestinal tracts between growth-retarded and normal yaks on the qinghai-tibetan plateau. *Front. Microbiol.* 11: 600516.
- Maajid, H. S., N. Nurliyani and W. Widodo. 2022. Exopolysaccharide production in fermented milk using *Lactobacillus casei* strains ap and ag. 8 (2): 138-152.
- Macleod, L. D. 1949. Determination of alcohol by microdiffusion. 181 (1): 323-331.
- Mälkki, Y. and E. Virtanen. 2001. Gastrointestinal effects of oat bran and oat gum: A review. 34 (6): 337-347.
- Mallappa, R. H., N. Rokana, R. K. Duary, H. Panwar, V. K. Batish and S. Grover. 2012. Management of metabolic syndrome through probiotic and prebiotic interventions. 16 (1): 20.
- Mani-López, E., E. Palou and A. López-Malo. 2014. Probiotic viability and storage stability of yogurts and fermented milks prepared with several mixtures of lactic acid bacteria. 97 (5): 2578-2590.
- Marafon, A. P., A. Sumi, D. Granato, M. R. Alcantara, A. Y. Tamime and M. N. De Oliveira. 2011. Effects of partially replacing skimmed milk powder with dairy ingredients on rheology, sensory profiling, and microstructure of probiotic stirred-type yogurt during cold storage. 94 (11): 5330-5340.
- Marciani, L., P. A. Gowland, R. C. Spiller, P. Manoj, R. J. Moore, P. Young, S. Al-Sahab, D. Bush, J. Wright and A. J. Fillery-Travis. 2000. Gastric response to increased meal viscosity assessed by echo-planar magnetic resonance imaging in humans. 130 (1): 122-127.
- Marino, R., M. Iammarino, A. Santillo, M. Muscarella, M. Caroprese and M. Albenzio. 2010. Rapid method for determination of amino acids in milk. *J. Dairy Sci.* 93 (6): 2367-2370.

- Marshall, V. M. and W. M. Cole. 1985. Methods for making kefir and fermented milks based on kefir. 52 (3): 451-456.
- Mårtensson, O., R. Öste and O. Holst. 2000. Lactic acid bacteria in an oat-based non-dairy milk substitute: Fermentation characteristics and exopolysaccharide formation. 33 (8): 525-530.
- Mårtensson, O., R. Öste and O. Holst. 2002. The effect of yoghurt culture on the survival of probiotic bacteria in oat-based, non-dairy products. 35 (8): 775-784.
- Martharini, D. and I. Indratiningsih. 2017. Kualitas mikrobiologis dan kimiawi kefir susu kambing dengan penambahan lactobacillus acidophilus fncc 0051 dan tepung kulit pisang kepok (musa paradisiaca). 37 (1): 23-30.
- Masrul, M. 2018. Epidemi obesitas dan dampaknya terhadap status kesehatan masyarakat serta sosial ekonomi bangsa. 41 (3): 152-162.
- Mateos, R., J. García-Cordero, L. Bravo-Clemente and B. Sarriá. 2022. Evaluation of novel nutraceuticals based on the combination of oat beta-glucans and a green coffee phenolic extract to combat obesity and its comorbidities. A randomized, dose-response, parallel trial. 13 (2): 574-586.
- Matey-Hernandez, M. L., F. M. Williams, T. Potter, A. M. Valdes, T. D. Spector and C. Menni. 2018. Genetic and microbiome influence on lipid metabolism and dyslipidemia. 50 (2): 117-126.
- Matsui, Y., U. Tomaru, A. Miyoshi, T. Ito, S. Fukaya, H. Miyoshi, T. Atsumi and A. Ishizu. 2014. Overexpression of tnfr- α converting enzyme promotes adipose tissue inflammation and fibrosis induced by high fat diet. 97 (3): 354-358.
- Matumoto-Pintro, P., L. Rabiey, G. Robitaille and M. Britten. 2011. Use of modified whey protein in yoghurt formulations. 21 (1): 21-26.
- Meyer, R. K., A. I. Lane, S. N. Weninger, T. M. Martinez, A. Kangath, D. Laubitz and F. A. Duca. 2022. Oligofructose restores postprandial short-chain fatty acid levels during high-fat feeding. 30 (7): 1442-1452.
- Michael, D., T. Davies, J. Moss, D. L. Calvente, D. Ramji, J. Marchesi, A. Pechlivanis, S. Plummer and T. Hughes. 2017. The anti-cholesterolaemic effect of a consortium of probiotics: An acute study in c57bl/6j mice. 7 (1): 2883.
- Mishima, M., S. Takeda, M. Nagane, T. Suzuki, M. Ogata, A. Shima, N. Aihara, J. Kamiie, R. Suzuki and H. Mizugaki. 2023. Prebiotic effect of poly-d-3-hydroxybutyrate prevents dyslipidemia in obese mice. 37 (9): e23121.
- Mishra, S. P., S. Jain, B. Wang, S. Wang, B. C. Miller, J. Y. Lee, C. V. Borlongan, L. Jiang, J. Pollak and S. Taraphder. 2024. Abnormalities in microbiota/butyrate/ffar3 signaling in aging gut impair brain function. 9 (3):
- Mitra, S. and B. C. Ghosh. 2020. Quality characteristics of kefir as a carrier for probiotic lactobacillus rhamnosus gg. 73 (2): 384-391.
- Miyazato, S., Y. Kishimoto, K. Takahashi, S. Kaminogawa and A. Hosono. 2016. Continuous intake of resistant maltodextrin enhanced intestinal immune response through changes in the intestinal environment in mice. 35 (1): 1-7.
- Mizuta, K., A. Matoba, S. Shibata, E. Masaki and C. W. Emala Sr. 2019. Obesity-induced asthma: Role of free fatty acid receptors. 55 (1): 103-107.
- Mo, S.-J., K. Lee, H.-J. Hong, D.-K. Hong, S.-H. Jung, S.-D. Park, J.-J. Shim and J.-L. Lee. 2022. Effects of lactobacillus curvatus hy7601 and lactobacillus plantarum ky1032

- on overweight and the gut microbiota in humans: Randomized, double-blinded, placebo-controlled clinical trial. 14 (12): 2484.
- Mohsin, A. Z., R. Sukor, J. Selamat, A. S. M. Hussin and I. H. Ismail. 2019. Chemical and mineral composition of raw goat milk as affected by breed varieties available in malaysia. 22 (1): 815-824.
- Monllor, P., G. Romero, A. S. Atzori, C. A. Sandoval-Castro, A. J. Ayala-Burgos, A. Roca, E. Sendra and J. R. Díaz. 2020. Composition, mineral and fatty acid profiles of milk from goats fed with different proportions of broccoli and artichoke plant by-products. 9 (6): 700.
- Montanuci, F. D., T. C. Pimentel, S. Garcia and S. H. Prudencio. 2012. Effect of starter culture and inulin addition on microbial viability, texture, and chemical characteristics of whole or skim milk kefir. 32 (4): 580-865.
- Moon, C. D., W. Young, P. H. Maclean, A. L. Cookson and E. N. Bermingham. 2018. Metagenomic insights into the roles of proteobacteria in the gastrointestinal microbiomes of healthy dogs and cats. *Microbiologyopen*. 7 (5): e00677.
- Moreira, A. P. B., T. F. S. Texeira, A. B. Ferreira, M. D. C. G. Peluzio and R. D. C. G. Alfenas. 2012. Influence of a high-fat diet on gut microbiota, intestinal permeability and metabolic endotoxaemia. *Br. J. Nutr.* 108 (5): 801-809.
- Morishita, Y. 1995. Effect of food restriction on caecal microbiota and short-chain fatty acid concentrations in rats. *Microbial ecology in health and disease*. 8 (2): 35-39.
- Mortazavian, A. and S. Sohrabvandi. 2004. Sensory characteristics of yogurt. 18-36.
- Mukhekar, A., R. Desale and M. Potey. 2017. Studies on physico-chemical properties of sangamneri goat milk in various seasons of milking. 3 (1): 1-4.
- Mulas, A., S. Cienfuegos, M. Ezpeleta, S. Lin, V. Pavlou and K. A. Varady. 2023. Effect of intermittent fasting on circulating inflammatory markers in obesity: A review of human trials. 10: 1146924.
- Münzberg, H. and S. B. Heymsfield. 2019. New insights into the regulation of leptin gene expression. *Cell Metab.* 29 (5): 1013-1014.
- Nagata, S., Y. Chiba, C. Wang and Y. Yamashiro. 2017. The effects of the *Lactobacillus casei* strain on obesity in children: A pilot study. 8 (4): 535-543.
- Nagpal, R., S. Wang, S. Ahmadi, J. Hayes, J. Gagliano, S. Subashchandrabose, D. W. Kitzman, T. Becton, R. Read and H. Yadav. 2018. Human-origin probiotic cocktail increases short-chain fatty acid production via modulation of mice and human gut microbiome. 8 (1): 12649.
- Nasr, N. M., M. K. Khider, K. Atallah and W. A. Metry. 2018. Functional low and free-fat fermented milk drink supplemented with oats. 3 (3): 45-52.
- Nehra, V., J. M. Allen, L. J. Mailing, P. C. Kashyap and J. A. Woods. 2016. Gut microbiota: Modulation of host physiology in obesity. 31 (5): 327-335.
- Nejati, F., S. Junne and P. Neubauer. 2020. A big world in small grain: A review of natural milk kefir starters. 8 (2): 192.
- Nettleton, J. E., T. Klancic, A. Schick, A. C. Choo, J. Shearer, S. L. Borgland, F. Chleilat, S. Mayengbam and R. A. Reimer. 2019. Low-dose stevia (rebaudioside a) consumption perturbs gut microbiota and the mesolimbic dopamine reward system. 11 (6): 1248.

- Nicolucci, A. and R. Reimer. 2017. Prebiotics as a modulator of gut microbiota in paediatric obesity. 12 (4): 265-273.
- Nicolucci, A. C., M. P. Hume, I. Martínez, S. Mayengbam, J. Walter and R. A. Reimer. 2017. Prebiotics reduce body fat and alter intestinal microbiota in children who are overweight or with obesity. 153 (3): 711-722.
- Nogal, A., A. M. Valdes and C. Menni. 2021. The role of short-chain fatty acids in the interplay between gut microbiota and diet in cardio-metabolic health. 13 (1): 1897212.
- Nurliyani, A. H. Sadewa and Sunarti. 2015. Kefir properties prepared with goat milk and black rice (*oryza sativa* L.) extract and its influence on the improvement of pancreatic [beta]-cells in diabetic rats. Emir. J. Food Agric. 27 (10): 727-735.
- Nurliyani, N., E. Harmayani and S. Sunarti. 2014. Microbiological quality, fatty acid and amino acid profiles of kefir produced from combination of goat and soy milk. Pak. J. Nutr. 13 (2): 107-115.
- Nurliyani, N., E. Harmayani and S. Sunarti. 2018. Goat milk kefir supplemented with porang glucomannan improves lipid profile and haematological parameter in rat fed high fat and high fructose diet. 25 (1): 11-21.
- Nurwantoro, N., S. Susanti and H. Rizqiaty. 2020. The effect of different type drying methods on chemical characteristics and microbiology of goat milk powder kefir. 7 (1): 19-24.
- O'Brien, K., K. Aryana, W. Prinyawiwatkul, K. C. Ordonez and C. Boeneke. 2016. The effects of frozen storage on the survival of probiotic microorganisms found in traditionally and commercially manufactured kefir. 99 (9): 7043-7048.
- Obradovic, M., E. Sudar-Milovanovic, S. Soskic, M. Essack, S. Arya, A. J. Stewart, T. Gojobori and E. R. Isenovic. 2021. Leptin and obesity: Role and clinical implication. Front. Endocrinol. 12: 585887.
- Ogawa, J., S. Kishino, A. Ando, S. Sugimoto, K. Mihara and S. Shimizu. 2005. Production of conjugated fatty acids by lactic acid bacteria. 100 (4): 355-364.
- Organization, W. H. 2000. The asia-pacific perspective: Redefining obesity and its treatment.
- Otles, S. and O. Cagindi. 2003. Kefir: A probiotic dairy-composition, nutritional and therapeutic aspects. Pak. J. Nutr. 2 (2): 54-59.
- Ozcan, T., S. Sahin, A. Akpinar-Bayazit and L. Yilmaz-Ersan. 2019. Assessment of antioxidant capacity by method comparison and amino acid characterisation in buffalo milk kefir. Int. J. Dairy Technol. 72 (1): 65-73.
- Palladini, G., A. Ferrigno, L. G. Di Pasqua, C. Berardo, V. Rizzo, S. Perlini and M. Vairetti. 2020. Associations between serum trace elements and inflammation in two animal models of nonalcoholic fatty liver disease. 15 (12): e0243179.
- Park, D.-Y., Y.-T. Ahn, S.-H. Park, C.-S. Huh, S.-R. Yoo, R. Yu, M.-K. Sung, R. A. McGregor and M.-S. Choi. 2013. Supplementation of lactobacillus curvatus hy7601 and lactobacillus plantarum ky1032 in diet-induced obese mice is associated with gut microbial changes and reduction in obesity. 8 (3): e59470.
- Park, J. E., S. H. Oh and Y. S. Cha. 2014. Lactobacillus plantarum Ig42 isolated from gajami sik-hae decreases body and fat pad weights in diet-induced obese mice. 116 (1): 145-156.
- Park, Y. W. 1994. Hypo-allergenic and therapeutic significance of goat milk. 14 (2): 151-159.

- Paudel, D., B. Dhungana, M. Caffè and P. Krishnan. 2021. A review of health-beneficial properties of oats. 10 (11): 2591.
- Perrelli, A., L. Goitre, A. M. Salzano, A. Moglia, A. Scaloni and S. F. Retta. 2018. Biological activities, health benefits, and therapeutic properties of avenanthramides: From skin protection to prevention and treatment of cerebrovascular diseases. 2018:
- Peterson, D. M. 2001. Oat antioxidants. 33 (2): 115-129.
- Pîrsean, C., C. Neguț, R.-I. Stefan-Van Staden, C. E. Dinu-Pirvu, P. Armean and D. I. Udeanu. 2019. The salivary levels of leptin and interleukin-6 as potential inflammatory markers in children obesity. 14 (1): e0210288.
- Pogačić, T., S. Šinko, Š. Zamberlin and D. Samaržija. 2013. Microbiota of kefir grains. 63 (1): 3-14.
- Pothakos, V., K. Illegghems, D. Laureys, F. Spitaels, P. Vandamme and L. De Vuyst. 2016. Acetic acid bacteria in fermented food and beverage ecosystems. 73-99.
- Prado, M. R., L. M. Blandón, L. P. Vandenberghe, C. Rodrigues, G. R. Castro, V. Thomaz-Soccol and C. R. Soccol. 2015. Milk kefir: Composition, microbial cultures, biological activities, and related products. Front. Microbiol. 6: 1-10.
- Putri, Y. D., N. A. Setiani and S. Warya. 2020. The effect of temperature, incubation and storage time on lactic acid content, pH, and viscosity of goat milk kefir. 2 (1): 101-104.
- Qi, H., Y. Li, H. Yun, T. Zhang, Y. Huang, J. Zhou, H. Yan, J. Wei, Y. Liu and Z. Zhang. 2019. Lactobacillus maintains healthy gut mucosa by producing L-ornithine. Commun. Biol. 2 (1): 171.
- Qin, J., R. Li, J. Raes, M. Arumugam, K. S. Burgdorf, C. Manichanh, T. Nielsen, N. Pons, F. Levenez and T. Yamada. 2010. A human gut microbial gene catalogue established by metagenomic sequencing. 464 (7285): 59-65.
- Qin, X., M. Samilyk, Y. Luo and V. Sokolenko. 2021. Influence of sesame flour on physicochemical properties of sour milk drinks. 3 (11): 111.
- Queenan, K. M., M. L. Stewart, K. N. Smith, W. Thomas, R. G. Fulcher and J. L. Slavin. 2007. Concentrated oat β -glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults in a randomized controlled trial. 6: 1-8.
- Quilodrán-Vega, S., L. Albarracín, F. Mansilla, L. Arce, B. Zhou, M. A. Islam, M. Tomokiyo, I. Al Kassaa, Y. Suda and H. Kitazawa. 2020. Functional and genomic characterization of *Ligilactobacillus salivarius* tuco-l2 isolated from lama glama milk: A promising immunobiotic strain to combat infections. Front. Microbiol. 11: 608752.
- Rahat-Rozenbloom, S., J. Fernandes, J. Cheng, G. B. Gloor and T. M. Wolever. 2017. The acute effects of inulin and resistant starch on postprandial serum short-chain fatty acids and second-meal glycemic response in lean and overweight humans. 71 (2): 227-233.
- Rahayu, E. S., M. Mariyatun, N. E. P. Manurung, P. N. Hasan, P. Therdtatha, R. Mishima, H. Komalasari, N. A. Mahfuzah, F. H. Pamungkaningtyas and W. K. Yoga. 2021. Effect of probiotic *Lactobacillus plantarum* dad-13 powder consumption on the gut microbiota and intestinal health of overweight adults. 27 (1): 107.
- Rahayu, E. S., T. Utami, M. Mariyatun, P. N. Hasan, R. Z. Kamil, R. H. Setyawan, F. H. Pamungkaningtyas, I. A. Harahap, D. V. Wiryohanjono and P. C. Pramesi. 2019. Gut microbiota profile in healthy Indonesians. 25 (12): 1478.

- Rahmawati, R., L. a. H. H. Putri, L. A. Khoirunisa and M. F. Cholifah. 2022. Application of biotechnology in the production of derivatives of dairy products: A review. 143-151.
- Ramsden, C. E., J. R. Hibbeln, S. F. Majchrzak and J. M. Davis. 2010. N-6 fatty acid-specific and mixed polyunsaturate dietary interventions have different effects on chd risk: A meta-analysis of randomised controlled trials. *Br. J. Nutr.* 104 (11): 1586-1600.
- Rastogi, S. and A. Singh. 2022. Gut microbiome and human health: Exploring how the probiotic genus lactobacillus modulate immune responses. *Front. pharmacol.* 13: 1042189.
- Rather, S. A., R. Pothuraju, R. K. Sharma, S. De, N. A. Mir and S. Jangra. 2014. Anti-obesity effect of feeding probiotic dahi containing lactobacillus casei ncdc 19 in high fat diet-induced obese mice. 67 (4): 504-509.
- Razazan, A., P. Karunakar, S. P. Mishra, S. Sharma, B. Miller, S. Jain and H. Yadav. 2021. Activation of microbiota sensing-free fatty acid receptor 2 signaling ameliorates amyloid- β induced neurotoxicity by modulating proteolysis-senescence axis. 13: 735933.
- Rebello, C. J., C. E. O'neil and F. L. Greenway. 2016. Dietary fiber and satiety: The effects of oats on satiety. 74 (2): 131-147.
- Redinger, R. N. 2007. The pathophysiology of obesity and its clinical manifestations. 3 (11): 856.
- Redondo, M., L. Rodriguez, M. Haymond, C. Hampe, E. Smith, A. Balasubramanyam and S. Devaraj. 2014. Serum adiposity-induced biomarkers in obese and lean children with recently diagnosed autoimmune type 1 diabetes. 15 (8): 543-549.
- Reeds, P. J. 2000. Dispensable and indispensable amino acids for humans. *J. Nutr.* 130 (7): 1835S-1840S.
- Reinhardt, C., C. S. Reigstad and F. Bäckhed. 2009. Intestinal microbiota during infancy and its implications for obesity. 48 (3): 249-256.
- Reynés, B., M. Palou, A. M. Rodríguez and A. Palou. 2019. Regulation of adaptive thermogenesis and browning by prebiotics and postbiotics. 9: 435968.
- Risk, N. 2016. Factor collaboration (ncd-risc). Trends in adult body-mass index in 200 countries from 1975 to 2014: A pooled analysis of 1698 population-based measurement studies with 19.2 million participants. 387 (10026): 1377-1396.
- Roberfroid, M., G. R. Gibson, L. Hoyle, A. L. McCartney, R. Rastall, I. Rowland, D. Wolvers, B. Watzl, H. Szajewska and B. Stahl. 2010. Prebiotic effects: Metabolic and health benefits. 104 (S2): S1-S63.
- Rogge, M. M. 2002. The case for an immunologic cause of obesity. 4 (1): 43-53.
- Rosa, D. D., M. M. Dias, Ł. M. Grześkowiak, S. A. Reis, L. L. Conceição and G. P. Maria Do Carmo. 2017. Milk kefir: Nutritional, microbiological and health benefits. 30 (1): 82-96.
- Rosin, O. 2008. The economic causes of obesity: A survey. 22 (4): 617-647.
- Roy, D., A. Ye, P. J. Moughan and H. Singh. 2020. Composition, structure, and digestive dynamics of milk from different species—a review. 7: 577759.
- Ruan, G., M. Chen, L. Chen, F. Xu, Z. Xiao, A. Yi, Y. Tian, Y. Ping, L. Lv and Y. Cheng. 2022. Roseburia intestinalis and its metabolite butyrate inhibit colitis and upregulate tlr5 through the sp3 signaling pathway. *Nutrients.* 14 (15): 3041.

- Rumeen, S. F., A. Yelnetty, M. Tamasoleng and N. Lontaan. 2017. Penggunaan level sukrosa terhadap sifat sensoris kefir susu sapi. 38 (1): 123-130.
- Saad, N., C. Delattre, M. Urdaci, J.-M. Schmitter and P. Bressollier. 2013. An overview of the last advances in probiotic and prebiotic field. 50 (1): 1-16.
- Saeed, M., R. Khanam, H. Hafeez, Z. Ahmad, S. Saleem, M. R. Tariq, W. Safdar, M. Waseem, U. Ali and M. Azam. 2024. Viability of free and alginate–carrageenan gum coated lactobacillus acidophilus and lacticaseibacillus casei in functional cottage cheese. 9 (12): 13840-13851.
- Sáez-Lara, M. J., C. Robles-Sanchez, F. J. Ruiz-Ojeda, J. Plaza-Diaz and A. Gil. 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. 17 (6): 928.
- Safwat El-Deeb, O., R. O. El-Esawy, H. A. Al-Shenawy and H. B. Ghanem. 2022. Modulating gut dysbiosis and mitochondrial dysfunction in oxazolone-induced ulcerative colitis: The restorative effects of β -glucan and/or celastrol. Redox Report. 27 (1): 60-69.
- Sahoo, K., B. Sahoo, A. K. Choudhury, N. Y. Sofi, R. Kumar and A. S. Bhadoria. 2015. Childhood obesity: Causes and consequences. 4 (2): 187-192.
- Salamone, D., A. A. Rivellese and C. Vetrani. 2021. The relationship between gut microbiota, short-chain fatty acids and type 2 diabetes mellitus: The possible role of dietary fibre. Acta Diabetol. 58 (9): 1131-1138.
- Saltiel, A. R. 2010. Fishing out a sensor for anti-inflammatory oils. 142 (5): 672-674.
- Sang, S. and Y. Chu. 2017. Whole grain oats, more than just a fiber: Role of unique phytochemicals. 61 (7): 1600715.
- Sarkar, S. 2007. Potential of kefir as a dietetic beverage—a review. 109 (4): 280-290.
- Satir, G. and Z. B. Guzel-Seydim. 2016. How kefir fermentation can affect product composition? 134: 1-7.
- Schmidt, J., N. J. Smith, E. Christiansen, I. G. Tikhonova, M. Grundmann, B. D. Hudson, R. J. Ward, C. Drewke, G. Milligan and E. Kostenis. 2011. Selective orthosteric free fatty acid receptor 2 (ffa2) agonists: Identification of the structural and chemical requirements for selective activation of ffa2 versus ffa3. 286 (12): 10628-10640.
- Schwiertz, A., D. Taras, K. Schäfer, S. Beijer, N. A. Bos, C. Donus and P. D. Hardt. 2010. Microbiota and scfa in lean and overweight healthy subjects. Obesity. 18 (1): 190-195.
- Secor, J. D., S. C. Fligor, S. T. Tsikis, L. J. Yu and M. Puder. 2021. Free fatty acid receptors as mediators and therapeutic targets in liver disease. 12: 656441.
- Serafeimidou, A., S. Zlatanov, K. Laskaridis and A. Sagredos. 2012. Chemical characteristics, fatty acid composition and conjugated linoleic acid (cla) content of traditional greek yogurts. Food Chem. 134 (4): 1839-1846.
- Setyawardani, T. and J. Sumarmono. 2015. Chemical and microbiological characteristics of goat milk kefir during storage under different temperatures. J. Indones. Trop. Anim. Agric. 40 (3): 183-188.
- Setyawardani, T., J. Sumarmono, I. I. Arief, A. H. D. Rahardjo, K. Widayaka and S. S. Santosa. 2020. Improving composition and microbiological characteristics of milk kefir using colostrum. (AHEAD):

- Shabbir, I., F. Al-Asmari, H. Saima, M. T. Nadeem, S. Ambreen, L. M. Kasankala, M. Z. Khalid, M. A. Rahim, F. Özogul and E. Bartkiene. 2023. The biochemical, microbiological, antioxidant and sensory characterization of fermented skimmed milk drinks supplemented with probiotics lacticaseibacillus casei and lacticaseibacillus rhamnosus. 11 (10): 2523.
- Sharma, A., S. M. Bartell, C. A. Baile, B. Chen, R. H. Podolsky, R. A. Mcindoe and J.-X. She. 2010. Hepatic gene expression profiling reveals key pathways involved in leptin-mediated weight loss in ob/ob mice. 5 (8): e12147.
- Shehzad, A., R. Rabail, S. Munir, H. Jan, D. Fernández-Lázaro and R. M. Aadil. 2023. Impact of oats on appetite hormones and body weight management: A review. 12 (1): 66-82.
- Shen, R.-L., X.-Y. Dang, J.-L. Dong and X.-Z. Hu. 2012. Effects of oat β -glucan and barley β -glucan on fecal characteristics, intestinal microflora, and intestinal bacterial metabolites in rats. 60 (45): 11301-11308.
- Shu, G., L. Ma, L. Chen, M. Guo, Y. Guo and H. Chen. 2020. Goat milk kefir with ace inhibitory activity: Preparation and storage stability evaluation. 44 (5): e14417.
- Singh, P., R. K. Pandey, V. K. Paswan, S. P. Yadav, B. K. Bhinchhar and C. S. Singh. 2019. Effect of supplementation of *L. Plantarum* and *L. Casei* based probiotic milk powder on hematology, blood biochemistry and lipid profile of charles foster rats. 53 (3): 332-335.
- Singh, R., S. De and A. Belkheir. 2013. *Avena sativa* (oat), a potential nutraceutical and therapeutic agent: An overview. 53 (2): 126-144.
- Soininen, J., S. Passy and H. Hillebrand. 2012. The relationship between species richness and evenness: A meta-analysis of studies across aquatic ecosystems. 169: 803-809.
- Solar, I., F. B. Ribeiro, M. G. Barbosa, R. G. B. De Oliveira Nascimento Freitas, A. S. Hanada, C. De Oliveira Ramos, M. R. Sant'ana, T. Candreva, B. De Almeida-Pititto and A. Tura. 2023. Short-chain fatty acids are associated with adiposity, energy and glucose homeostasis among different metabolic phenotypes in the nutritionists' health study. 80 (3): 529-540.
- Soleimani, A., M. Z. Mojarrad, F. Bahmani, M. Taghizadeh, M. Ramezani, M. Tajabadi-Ebrahimi, P. Jafari, A. Esmailzadeh and Z. Asemi. 2017. Probiotic supplementation in diabetic hemodialysis patients has beneficial metabolic effects. 91 (2): 435-442.
- Son, S.-E., N.-J. Kim and D.-S. Im. 2021. Development of free fatty acid receptor 4 (ffa4/gpr120) agonists in health science. 29 (1): 22.
- Song, B., K. Zhao, S. Zhou, Y. Xue, H. Lu, X. Jia and S. Wang. 2023. Association of the gut microbiome with fecal short-chain fatty acids, lipopolysaccharides, and obesity in young chinese college students. *Front. Nutr.* . 10: 1057759.
- Song, H., X. Shen, Q. Chu and X. Zheng. 2022a. Pomegranate fruit pulp polyphenols reduce diet-induced obesity with modulation of gut microbiota in mice. 102 (5): 1968-1977.
- Song, J., F. Xu and Y. Jiang. 2022b. The colorful company: Effects of brand logo colorfulness on consumer judgments. 39 (8): 1610-1620.
- Sriwichaiin, S., W. Kittichotirat, T. Chunchai, N. Chattipakorn and S. C. Chattipakorn. 2022. Profiles of gut microbiota in obese-insulin-resistant rats treated with biotics. *Eur. J. Nutr.* 61 (5): 2493-2505.

- Stojanov, S., A. Berlec and B. Štrukelj. 2020. The influence of probiotics on the firmicutes/bacteroidetes ratio in the treatment of obesity and inflammatory bowel disease. 8 (11): 1715.
- Sutiah, K. S., Firdausi. and W. S. Budi. 2008. Studi kualitas minyak goreng dengan parameter viskositas dan indeks bias. 11 (2): 53-48.
- Szopa, K., A. Znamirska-Piotrowska, K. Szajnar and M. Pawlos. 2022. Effect of collagen types, bacterial strains and storage duration on the quality of probiotic fermented sheep's milk. 27 (9): 3028.
- Talukdar, S., J. M. Olefsky and O. Osborn. 2011. Targeting gpr120 and other fatty acid-sensing gpcrs ameliorates insulin resistance and inflammatory diseases. 32 (9): 543-550.
- Tan, J., C. Mckenzie, M. Potamitis, A. N. Thorburn, C. R. Mackay and L. Macia. 2014. The role of short-chain fatty acids in health and disease. 121: 91-119.
- Tas, T. K., F. Y. Ekinici and Z. B. Guzel-Seydim. 2012. Identification of microbial flora in kefir grains produced in turkey using pcr. 65 (1): 126-131.
- Teixeira, T. F., Ł. Grześkowiak, S. C. Franceschini, J. Bressan, C. L. Ferreira and M. C. Peluzio. 2013. Higher level of faecal scfa in women correlates with metabolic syndrome risk factors. 109 (5): 914-919.
- Temiz, H. and G. Kezer. 2015. Effects of fat replacers on physicochemical, microbial and sensorial properties of kefir made using mixture of cow and goat's milk. 39 (6): 1421-1430.
- Templeman, N. M., S. Skovsø, M. M. Page, G. E. Lim and J. D. Johnson. 2017. A causal role for hyperinsulinemia in obesity. 232 (3): R173-R183.
- Terpou, A., A. Papadaki, I. K. Lappa, V. Kachrimanidou, L. A. Bosnea and N. Kopsahelis. 2019. Probiotics in food systems: Significance and emerging strategies towards improved viability and delivery of enhanced beneficial value. 11 (7): 1591.
- Teruya, K., M. Yamashita, R. Tominaga, T. Nagira, S.-Y. Shim, Y. Katakura, S. Tokumaru, K. Tokumaru, D. Barnes and S. Shirahata. 2002. Fermented milk, kefram-kefir enhances glucose uptake into insulin-responsive muscle cells. 40 (1-3): 107-116.
- Tikhonova, I. G. 2017. Application of gpcr structures for modelling of free fatty acid receptors. 57-77.
- Țița, M. A., M. A. Constantinescu, O. Țița, E. Mathe, L. Tamošaitienė and V. Bradauskienė. 2022. Food products with high antioxidant and antimicrobial activities and their sensory appreciation. 12 (2): 790.
- Tokuhara, D. 2021. Role of the gut microbiota in regulating non-alcoholic fatty liver disease in children and adolescents. 8: 700058.
- Tolhurst, G., H. Heffron, Y. S. Lam, H. E. Parker, A. M. Habib, E. Diakogiannaki, J. Cameron, J. Grosse, F. Reimann and F. M. Gribble. 2012. Short-chain fatty acids stimulate glucagon-like peptide-1 secretion via the g-protein-coupled receptor ffar2. Diabetes. 61 (2): 364-371.
- Tomar, O. and G. Akarca. 2018. Use of cow and buffalo milk with different fat contents for production of kefir drinks with kefir grain and starter culture: Their protein and tyrosine contents during storage. 16 (4): 395-402.

- Tomar, O., G. Akarca, A. Çağlar, M. Beykaya and V. Gök. 2019. The effects of kefir grain and starter culture on kefir produced from cow and buffalo milk during storage periods. 40: 238-244.
- Torella, J. P., T. J. Ford, S. N. Kim, A. M. Chen, J. C. Way and P. A. Silver. 2013. Tailored fatty acid synthesis via dynamic control of fatty acid elongation. 110 (28): 11290-11295.
- Townsend, K. L., M. M. Lorenzi and E. P. Widmaier. 2008. High-fat diet-induced changes in body mass and hypothalamic gene expression in wild-type and leptin-deficient mice. 33: 176-188.
- Traisaeng, S., A. Batsukh, T.-H. Chuang, D. R. Herr, Y.-F. Huang, B. Chimeddorj and C.-M. Huang. 2020. *Leuconostoc mesenteroides* fermentation produces butyric acid and mediates *ffa2* to regulate blood glucose and insulin in type 1 diabetic mice. 10 (1): 7928.
- Tran, N. T., A. Chaidee, A. Surapinit, M. Yingklang, S. Roytrakul, S. Charoenlappanit, P. Pinlaor, N. Hongsrirachan, S. Anutrakulchai and U. Cha'on. 2023. Chronic *strongyloides stercoralis* infection increases presence of the *ruminococcus torques* group in the gut and alters the microbial proteome. *Sci. Rep.* 13 (1): 4216.
- Tung, Y. T., H. L. Chen, H. S. Wu, M. H. Ho, K. Y. Chong and C. M. Chen. 2018. Kefir peptides prevent hyperlipidemia and obesity in high-fat-diet-induced obese rats via lipid metabolism modulation. 62 (3): 1700505.
- Tuomisto, K., P. Jousilahti, A. Havulinna, K. Borodulin, S. Männistö and V. Salomaa. 2019. Role of inflammation markers in the prediction of weight gain and development of obesity in adults—a prospective study. 3: 100016.
- Turnbaugh, P. J., M. Hamady, T. Yatsunenko, B. L. Cantarel, A. Duncan, R. E. Ley, M. L. Sogin, W. J. Jones, B. A. Roe and J. P. Affourtit. 2009a. A core gut microbiome in obese and lean twins. 457 (7228): 480-484.
- Turnbaugh, P. J., R. E. Ley, M. A. Mahowald, V. Magrini, E. R. Mardis and J. I. Gordon. 2006. An obesity-associated gut microbiome with increased capacity for energy harvest. *Nature*. 444 (7122): 1027.
- Turnbaugh, P. J., V. K. Ridaura, J. J. Faith, F. E. Rey, R. Knight and J. I. Gordon. 2009b. The effect of diet on the human gut microbiome: A metagenomic analysis in humanized gnotobiotic mice. 1 (6): 6ra14-6ra14.
- Ulven, T. 2012. Short-chain free fatty acid receptors *ffa2/gpr43* and *ffa3/gpr41* as new potential therapeutic targets. 3: 111.
- Ulven, T. and E. Christiansen. 2015. Dietary fatty acids and their potential for controlling metabolic diseases through activation of *ffa4/gpr120*. 35: 239-263.
- Utami, K. S. and C. Mahdi. 2017. Potential of *Lactobacillus casei* shirota strain probiotic toward total cholesterol levels and *sod* activity in rat with high cholesterol diet. 12 (2): 153-158.
- Uysal, K. T., S. M. Wiesbrock, M. W. Marino and G. S. Hotamisligil. 1997. Protection from obesity-induced insulin resistance in mice lacking *tnf-α* function. 389 (6651): 610-614.
- Vacca, M., G. Celano, F. M. Calabrese, P. Portincasa, M. Gobbetti and M. De Angelis. 2020. The controversial role of human gut *lachnospiraceae*. *Microorganisms*. 8 (4): 573.

- Van Muijlwijk, G. H., G. Van Mierlo, P. W. Jansen, M. Vermeulen, N. M. Bleumink-Pluym, N. W. Palm, J. P. Van Putten and M. R. De Zoete. 2021. Identification of allobaculum mucolyticum as a novel human intestinal mucin degrader. *Gut Microbes*. 13 (1): 1966278.
- Vieira, C., T. Álvares, L. Gomes, A. Torres, V. Paschoalin and C. Conte-Junior. 2015. Kefir grains change fatty acid profile of milk during fermentation and storage. *PloS one*. 10 (10): 1-18.
- Vieira, C. P., A. I. L. Rosario, C. A. Lelis, B. S. S. Rekowsky, A. P. A. Carvalho, D. K. A. Rosário, T. A. Elias, M. P. Costa, D. Foguel and C. A. Conte-Junior. 2021. Bioactive compounds from kefir and their potential benefits on health: A systematic review and meta-analysis. 2021 (1): 9081738.
- Vincenzi, A., M. I. Goettert and C. F. V. De Souza. 2021. An evaluation of the effects of probiotics on tumoral necrosis factor (tnf- α) signaling and gene expression. 57: 27-38.
- Voblikova, T., A. Permyakov, A. Rostova, G. Masyutina and A. Eliseeva. 2020. Study of fatty-acid composition of goat and sheep milk and its transformation in the production of yogurt. *KnE life sci*. 2020 (-): 742–751.
- Wahba, I. M. and R. H. Mak. 2007. Obesity and obesity-initiated metabolic syndrome: Mechanistic links to chronic kidney disease. 2 (3): 550-562.
- Wanders, A. J., J. J. Van Den Borne, C. De Graaf, T. Hulshof, M. C. Jonathan, M. Kristensen, M. Mars, H. A. Schols and E. J. Feskens. 2011. Effects of dietary fibre on subjective appetite, energy intake and body weight: A systematic review of randomized controlled trials. 12 (9): 724-739.
- Wang, H., P. Xia, Z. Lu, Y. Su and W. Zhu. 2021. Metabolome-microbiome responses of growing pigs induced by time-restricted feeding. *Front. Vet. Sci*. 8: 681202.
- Wang, Y., S. V. Harding, S. J. Thandapilly, S. M. Tosh, P. J. Jones and N. P. Ames. 2017. Barley β -glucan reduces blood cholesterol levels via interrupting bile acid metabolism. 118 (10): 822-829.
- Westaway, J. A., R. Huerlimann, Y. Kandasamy, C. M. Miller, R. Norton, D. Watson, S. Infante-Vilamil and D. Rudd. 2022. To probiotic or not to probiotic: A metagenomic comparison of the discharge gut microbiome of infants supplemented with probiotics in nicu and those who are not. 10: 838559.
- Widodo, W., N. S. Anindita, T. T. Taufiq and T. D. Wahyuningsih. 2012a. Identification of pediococcus strains isolated from feces of indonesian infants with in vitro capability to consume prebiotic inulin and to adhere on mucus. *Indones. J. Biotechnol*. 17 (2): 132-143.
- Widodo, W. and N. T. Anindita, Tt Wahyuningsih, Td. 2014. Evaluation of two lactobacillus strains as probiotics with emphasis in utilizing prebiotic inulin as energy source. *Int. Res. J. Microbiol*. 5 (3): 33-40.
- Widodo, W., A. O. Denta, S. Sunarti and D. Haltrich. 2021. Milk fermented with lactobacillus casei strain ap improves lipid profiles in obese indonesian adults.
- Widodo, W., P. A. Harsita, A. S. Sukarno and A. Nurrochmad. 2019. Antidiabetic effect of milk fermented using intestinal probiotics. *Nutr. Food Sci*. 6: 1043-1047.
- Widodo, W., S. Lestari and W. Asmara. 2015b. Detection and identification of adherence genes of intestinal-origin lactobacillus and pediococcus strains grown on gastric mucin in vitro. 20 (2): 174-181.

- Widodo, W., T. T. Taufiq, E. Aryati, A. Kurniawati and W. Asmara. 2012b. Human origin lactobacillus casei isolated from indonesian infants demonstrating potential characteristics as probiotics in vitro. *Indones. J. Biotechnol.* 17 (1): 79-89.
- Widodo, W. H., R. E. Wahyuni and T. Taufiq. 2017b. The quality of fermented milk produced using intestinal-origin lactic acid bacteria as starters. 24 (6): 2371-2376.
- Widyastuti, Y., A. Febrisiantosa and F. Tidona. 2021. Health-promoting properties of lactobacilli in fermented dairy products. 12: 673890.
- Wolever, T. M., S. M. Tosh, A. L. Gibbs, J. Brand-Miller, A. M. Duncan, V. Hart, B. Lamarche, B. A. Thomson, R. Duss and P. J. Wood. 2010. Physicochemical properties of oat β -glucan influence its ability to reduce serum ldl cholesterol in humans: A randomized clinical trial. 92 (4): 723-732.
- Wong, J. M., R. De Souza, C. W. Kendall, A. Emam and D. J. Jenkins. 2006. Colonic health: Fermentation and short chain fatty acids. 40 (3): 235-243.
- Woods, V. B. and A. M. Fearon. 2009. Dietary sources of unsaturated fatty acids for animals and their transfer into meat, milk and eggs: A review. 126 (1-3): 1-20.
- Wu, J.-R., H.-B. Leu, W.-H. Yin, W.-K. Tseng, Y.-W. Wu, T.-H. Lin, H.-I. Yeh, K.-C. Chang, J.-H. Wang and C.-C. Wu. 2019. The benefit of secondary prevention with oat fiber in reducing future cardiovascular event among cad patients after coronary intervention. 9 (1): 3091.
- Wulansari, P. D., S. R. N. Endah, N. Ali, E. Harmayani and N. Nurliyani. 2022a. Microbiological, chemical, fatty acid and antioxidant characteristics of goat milk kefir enriched with *moringa oleifera* leaf powder during storage. *Food Sci. Technol.* 42: 1-10.
- Wulansari, P. D., W. Widodo, S. Sunarti and N. Nurliyani. 2022b. Incorporation of oat milk with probiotic lacticaseibacillus casei ap improves the quality of kefir produced from goat milk. *Food Sci. Technol.* 42: 1-10.
- Yadav, H., S. Jain and P. Sinha. 2007. Production of free fatty acids and conjugated linoleic acid in probiotic dahi containing lactobacillus acidophilus and lactobacillus casei during fermentation and storage. *Int. Dairy J.* 17 (8): 1006-1010.
- Yang, C., Y. Wang and L. Chen. 2017. Fabrication, characterization and controlled release properties of oat protein gels with percolating structure induced by cold gelation. 62: 21-34.
- Yang, J., J. Wang, Z. Liu, J. Chen, J. Jiang, M. Zhao and D. Gong. 2023a. Ligilactobacillus salivarius improve body growth and anti-oxidation capacity of broiler chickens via regulation of the microbiota-gut-brain axis. *BMC Microbiol.* 23 (1): 395.
- Yang, R. and L. A. Barouch. 2007. Leptin signaling and obesity: Cardiovascular consequences. 101 (6): 545-559.
- Yang, Y., R. Zhang, F. Zhang, B. Wang and Y. Liu. 2023b. Storage stability of texture, organoleptic, and biological properties of goat milk yogurt fermented with probiotic bacteria. 9: 1093654.
- Yıldız-Akgul, F., A. Yetisemiyen, E. Senel and Z. Yıldırım. 2018. Microbiological, physicochemical, and sensory characteristics of kefir produced by secondary fermentation. 68 (3):

- Yin, J., Y. Li, H. Han, S. Chen, J. Gao, G. Liu, X. Wu, J. Deng, Q. Yu and X. Huang. 2018. Melatonin reprogramming of gut microbiota improves lipid dysmetabolism in high-fat diet-fed mice. 65 (4): e12524.
- Yirmibeşoğlu, S. S. S. Ö., Burcu Emine Tefon. 2020. Comparing microbiological profiles, bioactivities, and physicochemical and sensory properties of donkey milk kefir and cow milk kefir. 44 (4): 774-781.
- You, H., Y. Tan, D. Yu, S. Qiu, Y. Bai, J. He, H. Cao, Q. Che, J. Guo and Z. Su. 2022. The therapeutic effect of scfa-mediated regulation of the intestinal environment on obesity. 9: 886902.
- Yousefvand, A., X. Huang, M. Zarei and P. E. J. Saris. 2022. *Lactobacillus rhamnosus* gg survival and quality parameters in kefir produced from kefir grains and natural kefir starter culture. 11 (4): 523.
- Yu, J., J. Xia, C. Yang, D. Pan, D. Xu, G. Sun and H. Xia. 2022. Effects of oat beta-glucan intake on lipid profiles in hypercholesterolemic adults: A systematic review and meta-analysis of randomized controlled trials. 14 (10): 2043.
- Zanirati, D. F., M. Abatemarco Jr, S. H. De Cicco Sandes, J. R. Nicoli, Á. C. Nunes and E. Neumann. 2015. Selection of lactic acid bacteria from brazilian kefir grains for potential use as starter or probiotic cultures. 32 (-): 70-76.
- Zemel, M. B., W. Thompson, A. Milstead, K. Morris and P. Campbell. 2004. Calcium and dairy acceleration of weight and fat loss during energy restriction in obese adults. 12 (4): 582-590.
- Zenebe, T., N. Ahmed, T. Kabeta and G. Kebede. 2014. Review on medicinal and nutritional values of goat milk. 3 (3): 30-39.
- Zhang, C., M. Zhang, S. Wang, R. Han, Y. Cao, W. Hua, Y. Mao, X. Zhang, X. Pang and C. Wei. 2010. Interactions between gut microbiota, host genetics and diet relevant to development of metabolic syndromes in mice. The ISME journal. 4 (2): 232-241.
- Zhang, P.-P., X.-Z. Hu, H.-M. Zhen, C. Xu and M.-T. Fan. 2012. Oat β -glucan increased atpases activity and energy charge in small intestine of rats. 60 (39): 9822-9827.
- Zhang, R., J. Jiao, W. Zhang, Z. Zhang, W. Zhang, L.-Q. Qin and S.-F. Han. 2016. Effects of cereal fiber on leptin resistance and sensitivity in c57bl/6j mice fed a high-fat/cholesterol diet. 60 (1): 31690.
- Zhao, L., X. Wang, Q. Tian and X. Mao. 2016. Effect of casein to whey protein ratios on the protein interactions and coagulation properties of low-fat yogurt. 99 (10): 7768-7775.
- Zhao, Y., Y. Mine and C.-Y. Ma. 2004. Study of thermal aggregation of oat globulin by laser light scattering. 52 (10): 3089-3096.
- Zheng, J., S. Wittouck, E. Salvetti, C. M. Franz, H. M. Harris, P. Mattarelli, P. W. O'toole, B. Pot, P. Vandamme and J. Walter. 2020. A taxonomic note on the genus *Lactobacillus*: Description of 23 novel genera, emended description of the genus *Lactobacillus* beijerinck 1901, and union of *Lactobacillaceae* and *Leuconostocaceae*. 70 (4): 2782-2858.
- Zheng, S., W. Wu, Y. Zhang, P. Hu, J. Li and J. Jiang. 2022. Improvement of tomato sour soup fermentation by *Lactobacillus casei* h1 addition. 46 (8): e16806.

- Zheng, Z., W. Lyu, Y. Ren, X. Li, S. Zhao, H. Yang and Y. Xiao. 2021. Allobaculum involves in the modulation of intestinal angptl4 expression in mice treated by high-fat diet. *Front. Nutr.* 8: 690138.
- Zhou, J., J. Luo, S. Yang, Q. Xiao, X. Wang, Z. Zhou, Y. Xiao and D. Shi. 2021. Different responses of microbiota across intestinal tract to enterococcus faecium hdsf1 and their correlation with inflammation in weaned piglets. *Microorganisms*. 9 (8): 1767.
- Zhou, Y. and L. Rui. 2013. Leptin signaling and leptin resistance. 7: 207-222.
- Ziarno, M., R. Hasalliu and A. Cwalina. 2021. Effect of the addition of milk protein preparations on selected quality parameters and nutritional characteristics of kefir. 11 (3): 966.