

INDEX

	Page No.
Abstract	i-iii
Declaration	iv
Certificate	v
Acknowledgements	vi
Contents	vii-xiii
List of Tables	xiv-xvi
List of Figures	xvii-xviii
List of Abbreviations	xix-xx
 Chapter I: Introduction	1-42
1.1. Background	1
1.2. Probiotic definition	1
1.3. Probiotic microorganisms	2
1.3.1. The genus <i>Lactobacillus</i>	2
1.3.2. The genus <i>Bifidobacterium</i>	3
1.3.3. The genus <i>Propionibacterium</i>	3
1.3.4. <i>Saccharomyces boulardii</i>	5
1.4. Selection criteria for probiotics	5
1.5. Health benefits of probiotics	5
1.5.1. Lipid modulation	6
1.5.2. Modulation of the immune system	7
1.5.3. Prevention/treatment of infections	7
1.5.4. Amelioration of lactose maldigestion	8
1.5.5. Management of allergy	8
1.5.6. Prevention of cancer	9
1.6. Probiotic products	10
1.6.1. Dairy products	11
(a) Probiotic yoghurt	11
(b) Probiotic ice cream	11
(c) Probiotic cheese	12

1.6.2. Probiotic fruit and vegetable juice	13
(a) Fermented fruit/vegetable juice-based probiotics beverages	13
(b) Non-fermented fruit/vegetable juice-based probiotic drinks	13
1.7. Probiotic survival in food matrixes	14
1.7.1. Stress adaptation	14
1.7.2. Microencapsulation	16
1.7.2.1. Wall Materials	17
(a) Maltodextrin	18
(b) Pectins	18
1.7.3. Spray drying of probiotics	19
1.7.4. Sub-lethal temperature shock treatment- causes and effects	22
1.7.5. Spray drying of fruit juices	23
1.7.5.1. Cell recovery after spray drying	24
1.7.6. Storage and shelf life	24
1.8. Prebiotics	25
1.9. Effect of fruit juice as carrier matrix on probiotic survival and functional performances	26
1.9.1. Survival	26
1.9.2. Acid and bile tolerance	27
1.9.3. Adhesion	28
1.10. Objectives of the present investigation	30
1.11. Bibliography	31

Chapter II: Viability and stability of probiotics in fruit juices during storage	43-66
2.1. Introduction	43
2.2. Materials and Methods	45
2.2.1. <i>Lactobacillus</i> strains	45
2.2.2. Fruit samples	45
2.2.3. Inoculum preparation	45
2.2.4. Characterization of probiotic cultures	46
(a) Acid tolerance assay	46

(b) Bile tolerance assay	46
(c) Antibiotic sensitivity test	46
2.2.5. Preparation of probiotic juice	47
2.2.6. Enumeration of bacteria	47
2.2.7. Biochemical analysis of the probiotic fruit juice during storage	47
2.2.8. Colour analysis	47
2.2.9. Sensory evaluation	48
2.2.10. Statistical analysis	48
2.3. Results and Discussion	48
2.3.1. Characterization of probiotic cultures	48
(a) Acid tolerance assay	48
(b) Bile tolerance assay	50
(c) Antibiotic sensitivity assay	50
2.3.2. Enumeration of bacteria	52
2.3.3. Biochemical analysis of the probiotic fruit juice during storage	55
2.3.3.1. Change in pH	55
2.3.3.2. Change in total soluble sugars (TSS) and titrable acidity (TA)	55
2.3.4. Colour analysis	58
2.3.5. Sensory evaluation	60
2.4. Conclusion	63
2.5. Bibliography	64

Chapter III: Changes in phytochemicals, antioxidant properties and mineral content of two probiotic fruit juices during cold storage	67-88
3.1 Introduction	67
3.2 Materials and methods	68
3.2.1. Materials	68
3.2.2. Culture preparation	69
3.2.3. Fruit juice preparation	69
3.2.4. Inoculation of substrates	69
3.2.5. Determination of total phenolic content	69
3.2.6. Determination of total flavonoid content	70

3.2.7. Determination of ferric reducing antioxidant property (FRAP)	70
3.2.8. Determination of DPPH radical scavenging activity	70
3.2.9. Quantification of polyphenols by HPLC	71
3.2.10. HPLC analysis of the organic acids	71
3.2.11. Mineral analysis	72
3.2.12. Method validation	72
3.2.13. Statistical analysis	73
3.3. Results and Discussion	73
3.3.1. Phytochemical and antioxidant changes	73
3.3.2. HPLC determination of the phenolic acids content in the probiotic juice	77
3.3.3. HPLC determination of the organic acids in the probiotic fruit juices	79
3.3.4. Mineral analysis of the probiotic fruit juice	84
3.5. Conclusion	85
3.6. Bibliography	85
Chapter IV: Optimization of spray drying conditions for extending survivability and enhanced recovery <i>Lactobacillus plantarum</i> MTCC2621 in fruit juices	89-112
4.1. Introduction	89
4.2. Materials and methods	91
4.2.1. <i>Lactobacillus</i> strains	91
4.2.2. Fruit samples	91
4.2.3. Inoculum preparation	91
4.2.4. Preparation of fruit juices	91
4.2.5. Experimental design for optimisation by response surface methodology (RSM)	92
4.2.6. Spray drying process	92
4.2.7. Recovery (%)	93
4.2.8. Survivability (%)	93
4.2.9. Statistical analysis	93
4.3. Results and Discussion	94

4.3.1. Optimization of spray drying condition for litchi juice with <i>Lactobacillus plantarum</i>	94
a) Effect on % recovery	96
b) Effect on % survival	97
4.3.2. Optimization of spray drying condition for pineapple juice with <i>Lactobacillus plantarum</i>	98
a) Effect on % recovery	100
b) Effect on % survival	101
4.3.3. Optimization of spray drying condition for orange juice with <i>Lactobacillus plantarum</i>	102
a) Effect on % recovery	104
b) Effect on % survival	106
4.4. Conclusion	108
4.5. Bibliography	109
Chapter V: Effect of coating materials on the survival of <i>Lactobacillus plantarum</i> MTCC2621 in litchi juice and characterisation of morphological, physicochemical and toxicological properties	113-134
5.1. Introduction	113
5.2. Materials and methods	116
5.2.1. Probiotic strain and growth condition	116
5.2.2. Preparation of fruit juice	116
5.2.3. Spray drying condition	116
5.2.4. Survival of microencapsulated bacteria	117
5.2.5. Yield	117
5.2.6. Physicochemical properties of the encapsulated powder	117
5.2.6.1. Microstructure study of the spray dried powders	117
5.2.6.2. Thermal analysis	118
5.2.6.3. Moisture content, bulk density and tapped density of the powder	118
5.2.6.4. Solubility	119
5.2.6.5. pH and titratable acidity (TA) of the powdered	119

samples	
5.2.6.6. Hygroscopicity	119
5.2.6.7. Water activity (a_w)	119
5.2.6.8. Colour of the spray dried powder	119
5.2.6.9. Polydispersity index and particle size distribution of the spray dried powder	120
5.2.7. Cytotoxic assay	120
5.2.8. Statistical analysis	121
5.3. Results and Discussion	121
5.3.1. Survival of microencapsulated bacteria	121
5.3.2. Physicochemical parameters of the spray dried fruit juice powders	122
5.3.3. Surface morphology study of the spray dried juice powder	126
5.3.4. Colour of the spray dried fruit juice powders	128
5.3.5. Cytotoxic activity of the spray dried powder	128
5.4. Conclusion	130
5.5. Bibliography	130
 Chapter VI: Effect of addition of maltodextrin and fructooligosaccharide in litchi juice on the survival of microencapsulated probiotic <i>Lactobacillus plantarum</i> MTCC2621 in simulated digestive system	 135-145
6.1. Introduction	135
6.2. Materials and methods	137
6.2.1. Probiotic strain and growth condition	137
6.2.2. Preparation of fruit juice	137
6.2.3. Spray drying condition	137
6.2.4. Simulated gastric juice (SGJ) and simulated intestinal juice (SIJ)	138
6.2.5. Bacterial enumeration	138
6.2.6. Statistical analysis	139
6.3. Results and Discussion	139
6.3.1. Survival of free and encapsulated <i>L. plantarum</i> in simulated	139

gastric conditions	
6.4. Conclusion	141
6.5. Bibliography	142
Chapter VII: Conclusion and future scope	145-149
7.1. Salient findings	145
7.2. Future scope of work	148
APPENDIX	i-vii
