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### **Yogurt containing active probiotic bacteria exerts a protective effect against hyperlipidemia in rats**

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**H**yperlipidemia is a very important serious problem that may alter the life of the individual. Our current work is aimed to investigate the possible protective effect of *bifidobacteria* and or *Lactobacillus* probiotic supplemented yoghurt on an experimental model of hyperlipidemia. Eighty male adult rats were divided into four groups (n=20 rats), group-1: Control negative, Group-2: Hyperlipidemia. Group-3: *Bifidobacteria* supplemented yoghurt. Group-4: *Lactobacillus* supplemented yoghurt. The results revealed that *Bifidobacteria* supplemented yoghurt achieved the best protection against induced hyperlipidemia more than yoghurt supplemented by *Lactobacillus* by decreasing the total lipids, cholesterol, LDL cholesterol as compared to hyperlipidemia group. Moreover, yoghurt supplemented by *bifidobacteria* decreased the expression of tumor necrosis factor and inducible nitrous oxide as compared to hyperlipidemia.

#### **Biography**

Mohamed Maarouf Ali Zeinhom has completed his PhD from Beni-Suef University, Egypt in collaboration with University of Guelph, Canada. He is currently a Lecturer of Food Hygiene at Department of Food Hygiene and Control, Beni-Suef University. He has published more than 8 papers in reputed journals.

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