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One year consumption of *Bifidobacterium breve* CECT7263, a human milk strain is safe in neonates and improves symptoms of infant colic

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Objective: To evaluate the safety and tolerance of the consumption of the probiotic strain *B. breve* CECT7263 supplemented in an infant formula in infants from 1 to 12 months of life.

Methods: A multicenter randomized double blinded controlled study including 154 neonates at the age of 1 month was conducted. Infants were assigned randomly to either the Probiotic group (infant formula supplemented with *B. breve*) or the control group (same formula without probiotic). The primary aim of the study was the growth of infants. Secondary outcomes were flatulence, regurgitation and bouts of crying. This study was carried out according to the Helsinki declaration and the protocol was approved by the Regional Ethics Committee of the Sistema Andaluz de Salud based in Seville (Spain).

Results: No significant changes between groups were observed in weight, length or head circumference. The z-scores of weight, length and head circumference for age were calculated based on the WHO Child Growth Standards. The population of the study did not differ from the standard and no significant differences were detected between the groups of the study. No significant differences were observed in the odds to suffering flatulence or regurgitation. However, infants receiving the probiotic strain had lower risk of bouts of crying (infant colic) ($p < 0.001$).

Conclusion: The consumption from 1 to 12 months of life of an infant formula enriched with the human milk probiotic strain *Bifidobacterium breve* CECT7263 is safe in neonates and improve symptoms of infant colic.

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Carrot drink with apple containing probiotics for school meals

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School meals offered in public schools in Santo Antônio de Jesus-BA Brazil receive an average of 9,500 students daily. The food given at school must be healthy, nutritious and tasty for healthy habits are developed. It was developed in carrot drink with apple enriched with the probiotic *Lactobacillus casei* to improve the nutritional characteristics of the meal offered free to students. The fermentation process at 37° C was monitored for 20 hours in the total acidity, pH, reducing sugars. Fermented was kept refrigerated and has probiotic activity of 10 days. Carrot drink with apple was obtained by adding 20% apple, carrot 20% and 60% water containing 17% of *L. casei*. Sensory analysis showed 87% acceptance conducted with students benefit from school feeding. The juice needed no added sugar that had high acceptance. This result demonstrates that it is possible to include the drink in the food offered in schools. Create strategies for making healthier school meals and source of probiotics is essential for maintaining the health of children.

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