

عنوان مقاله:

The role and health of humans in probiotics and food

محل انتشار:

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خلاصه مقاله:

in recent years, the role of nutrition in promoting human health has been the focus of researchers, scientific research has shifted from studying the role of food as an energy source and the structural role in the body to studying the biological activity of food in various organs. Foods containing probiotics, digestible fibers, omega-3 unsaturated fatty acids, linoleic acid, plant antioxidants, vitamins, minerals and other nutrients with proven nutritional value have been proven to maintain and promote human health. Therefore, in addition to introducing useful foods, creating a culture and creating a new way of thinking is very important in understanding that useful foods are not pills and capsules, but .are part of the daily food basket of the family

کلمات کلیدی:

Probiotics, Human, Health, Food

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