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BACKGROUND

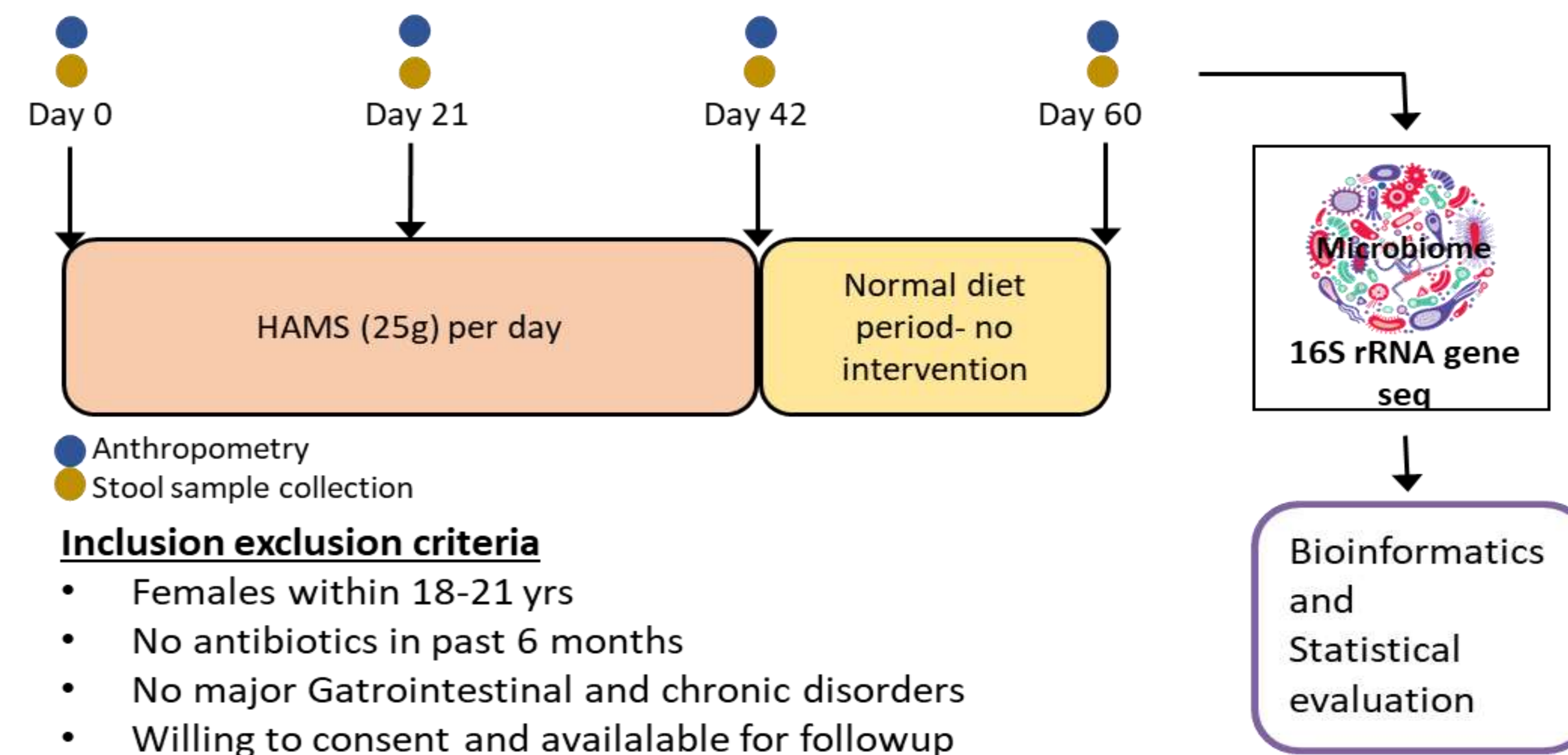
Resistant starch (RS), the fraction of ingested starch that escapes from the small intestine, is emerging as a protective agent against several serious pathogens and act as a substrate for microbial fermentation.

OBJECTIVE

Hypothesis: High amylose maize starch (RS) would increase the relative abundance of probiotic bacterial communities in the gut of women of reproductive age.

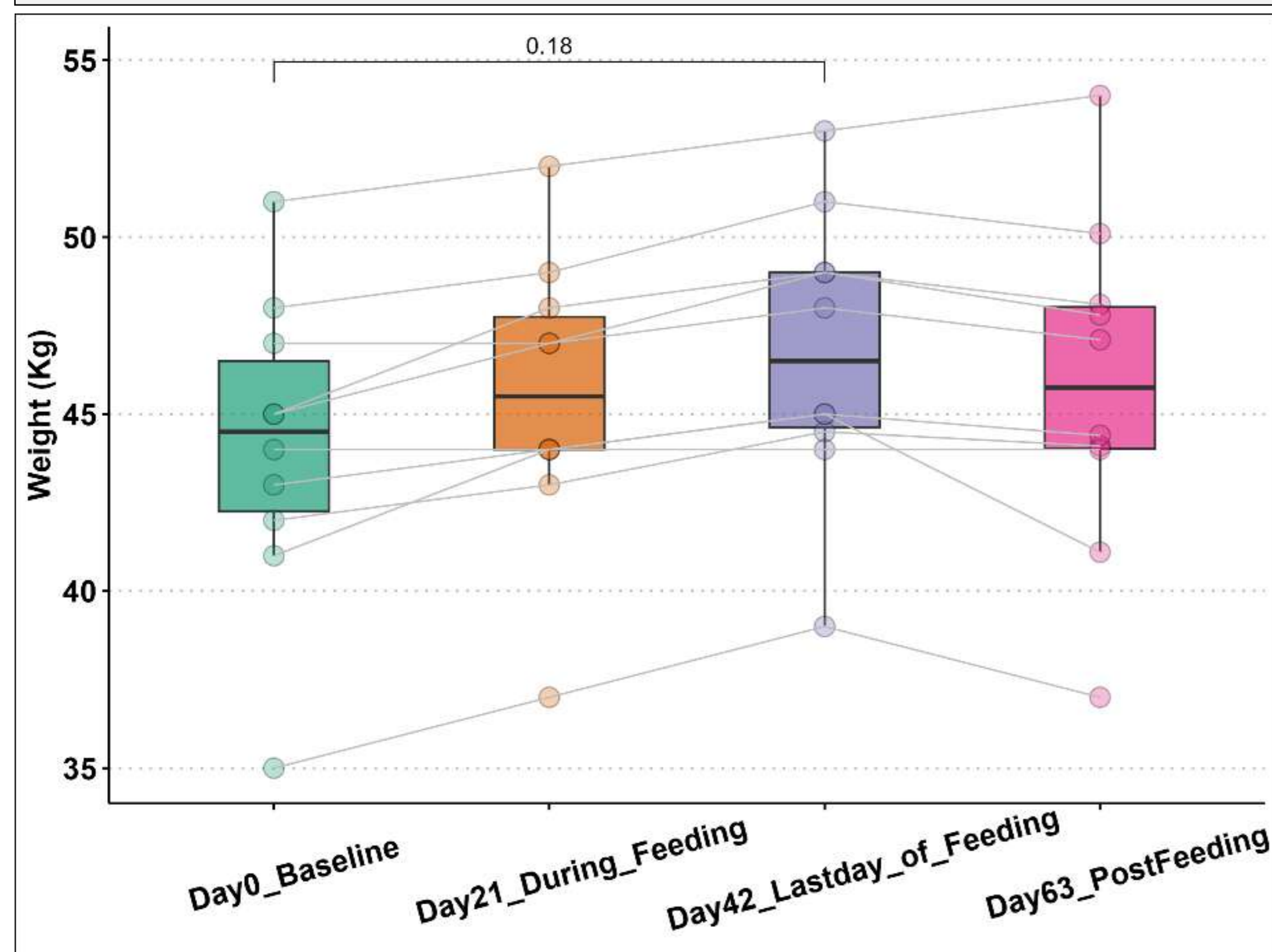
Objectives: To study the effect of RS on gut microbiota in a cohort of young reproductive age women in a rural population in Odisha.

METHOD

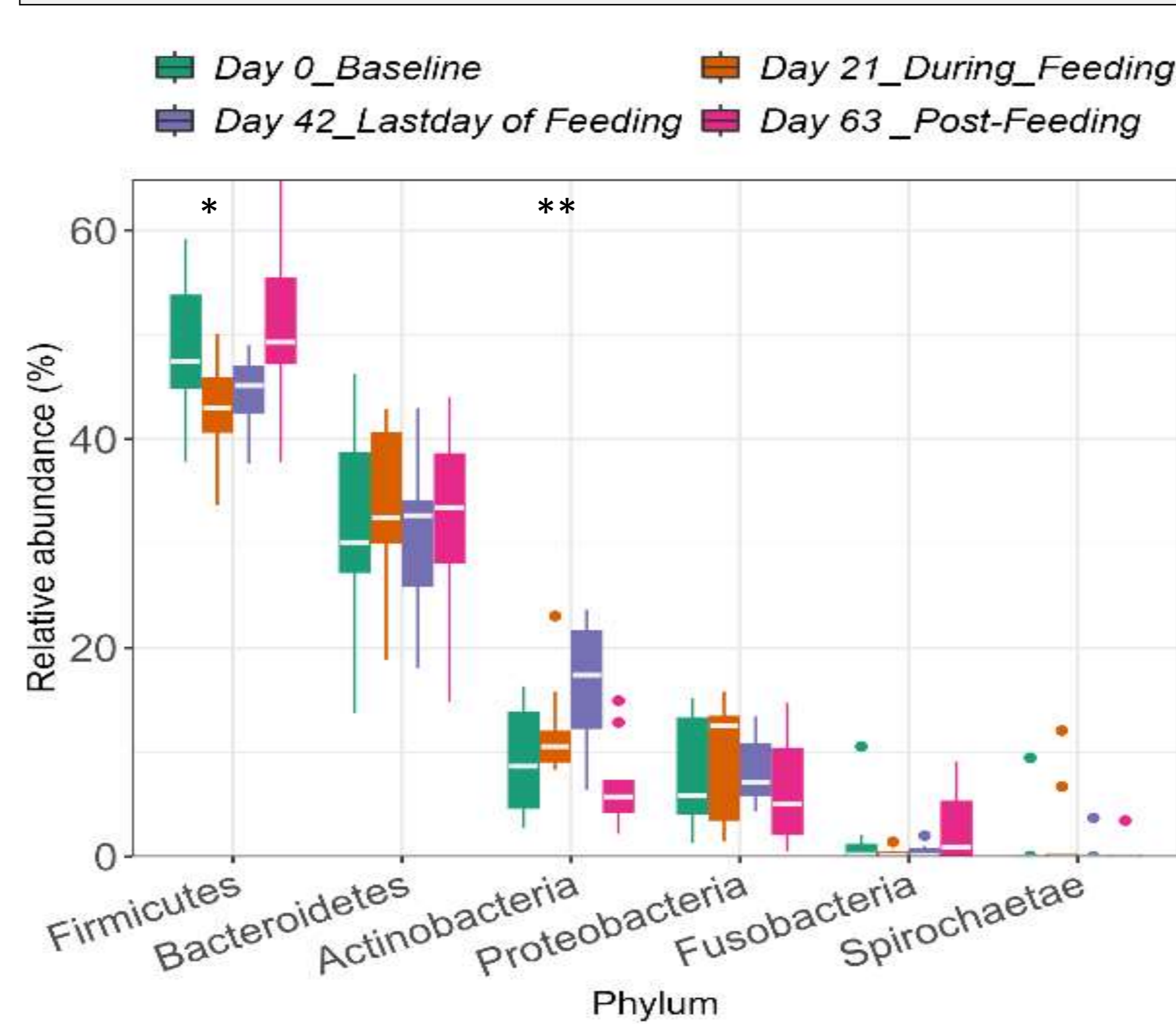


RESULTS

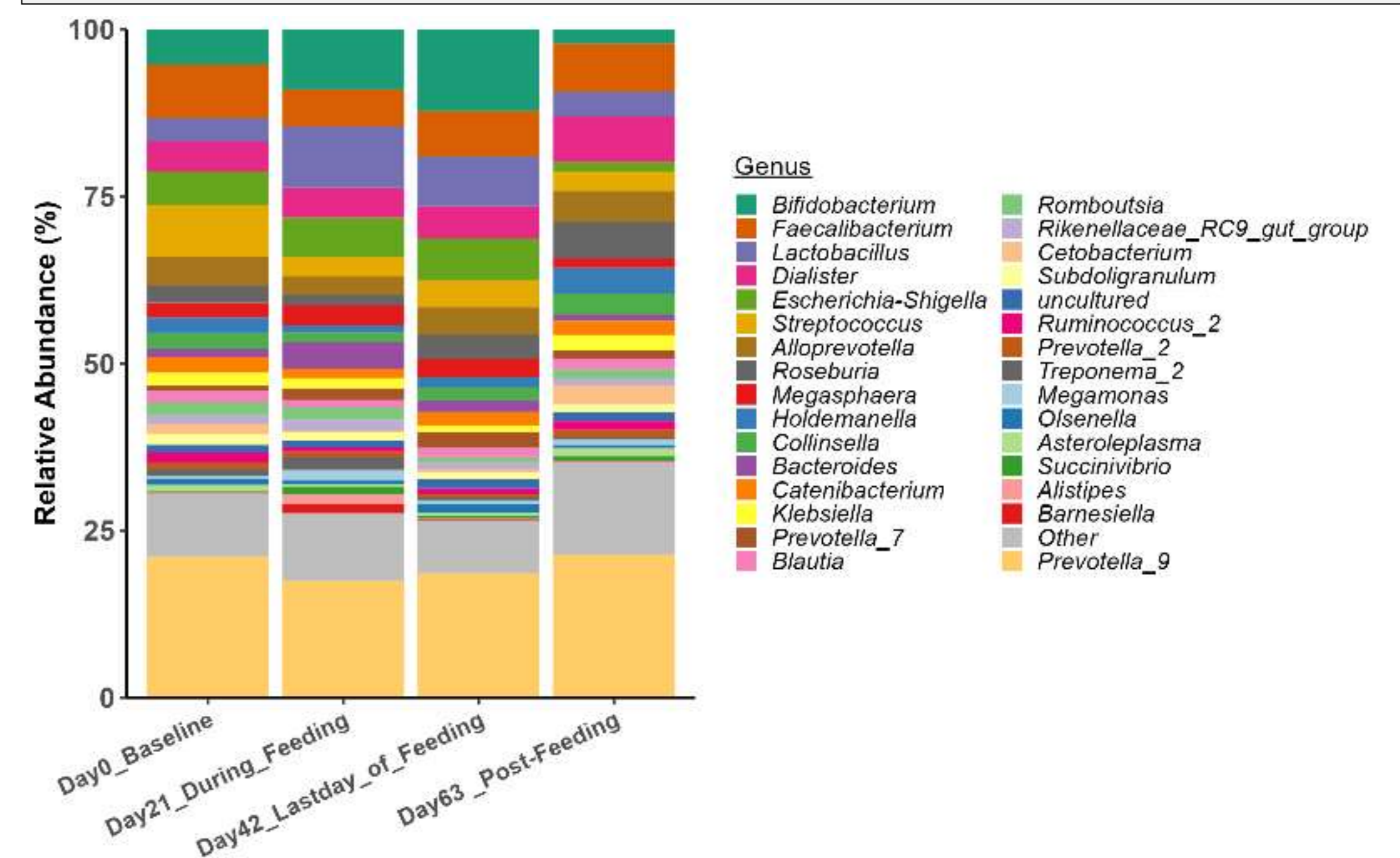
Change in weight of women across intervention



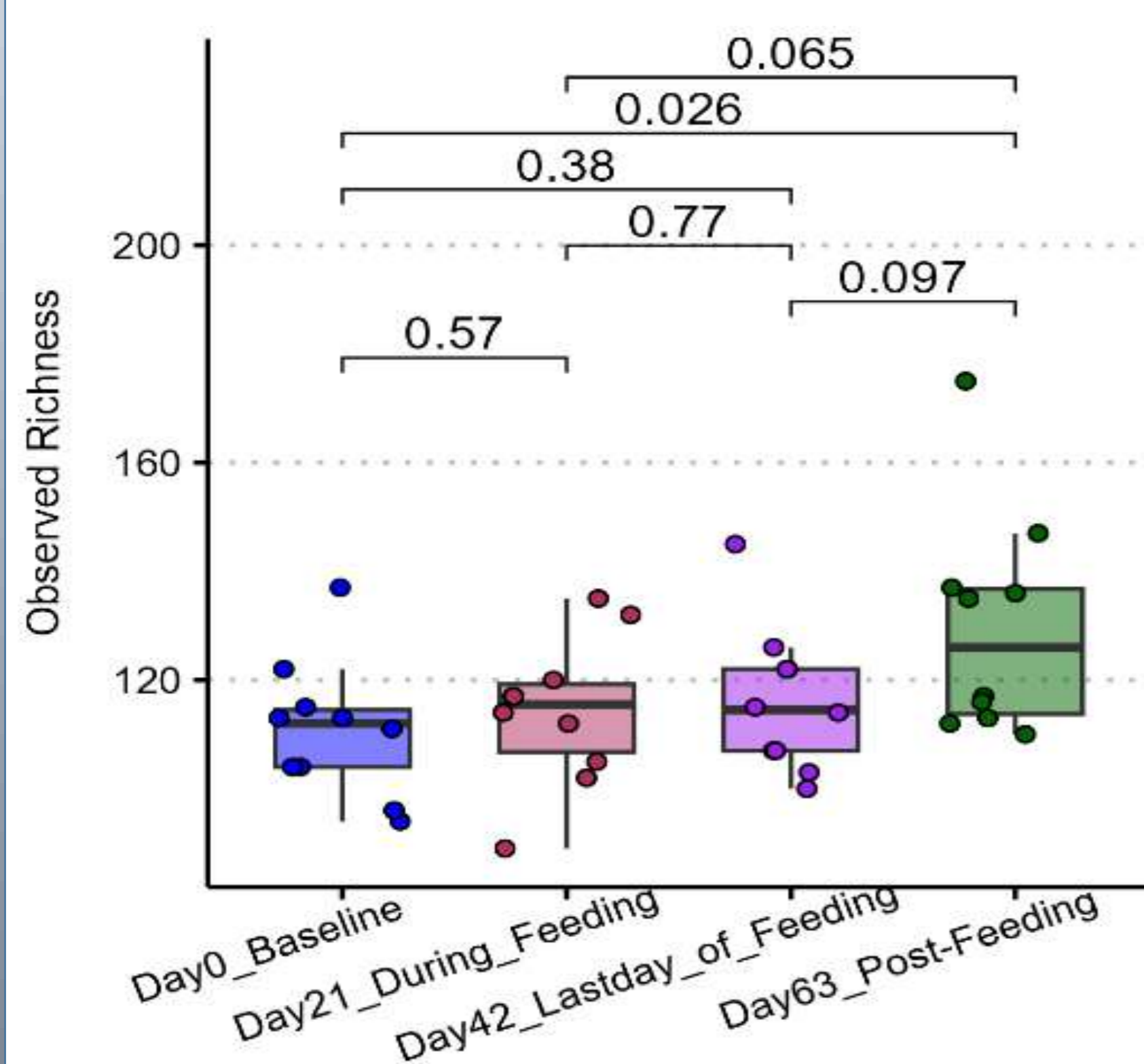
Relative abundance of Bacteria at phylum level



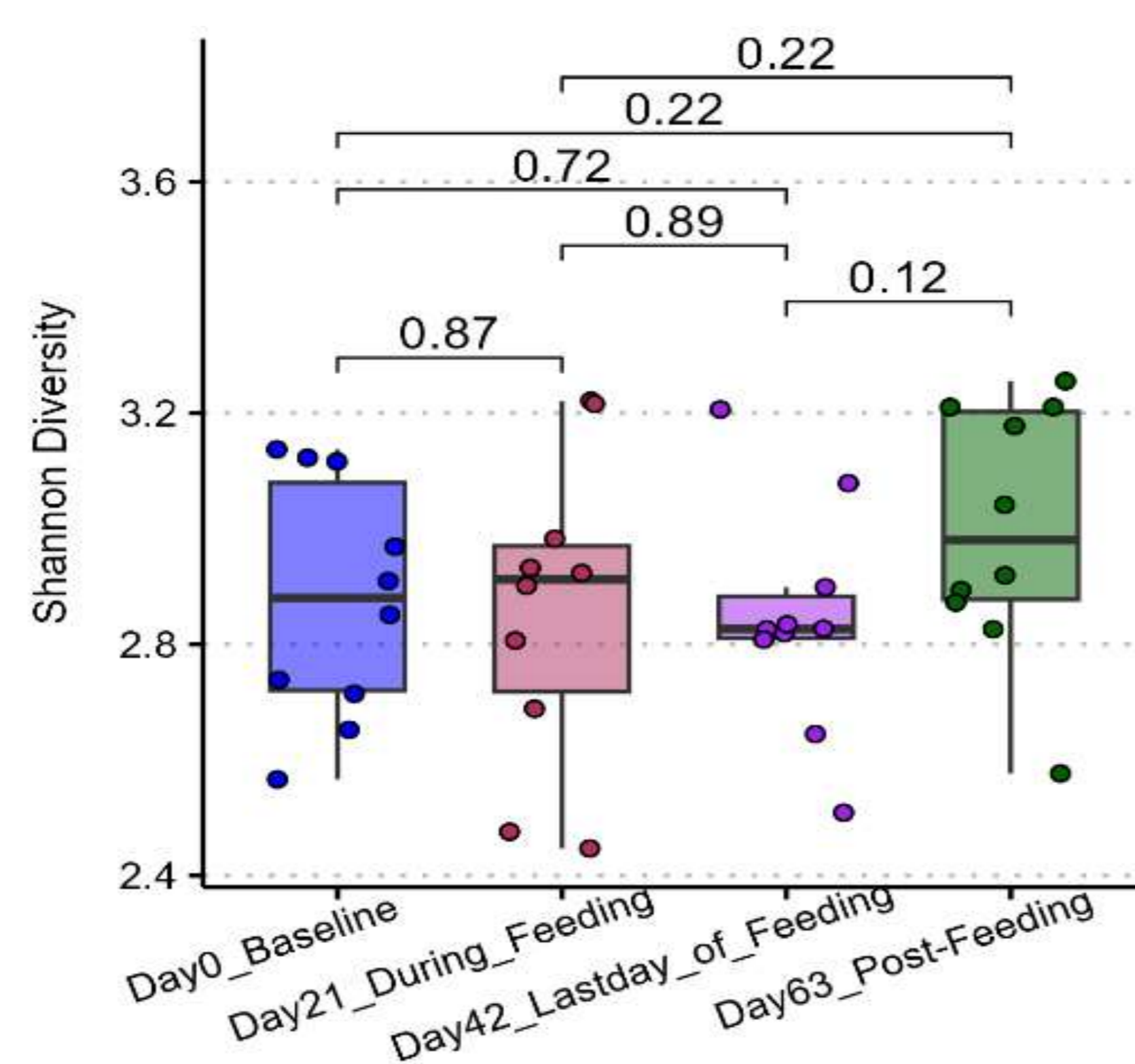
Relative abundance of Bacteria at genus level



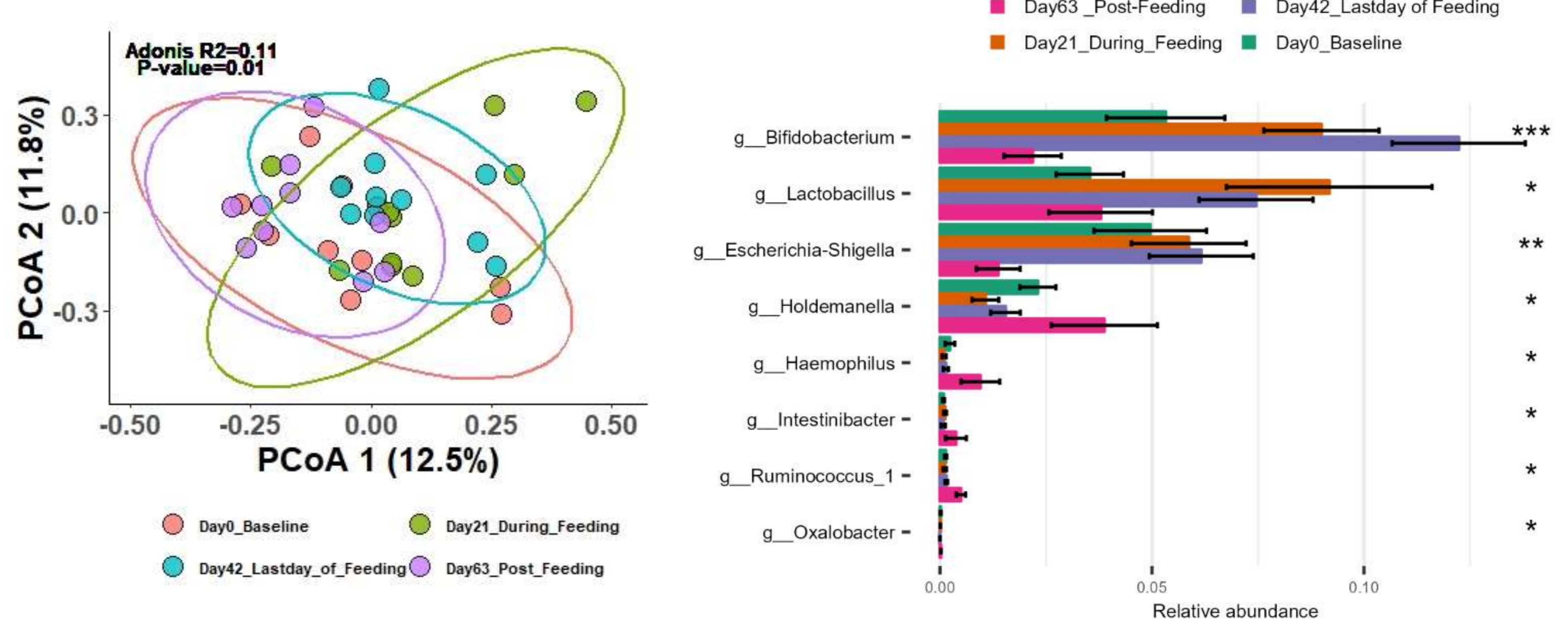
Alpha diversity plot between time-points



Beta diversity plot between time-points



Univariate analysis based on LDA score



CONCLUSION

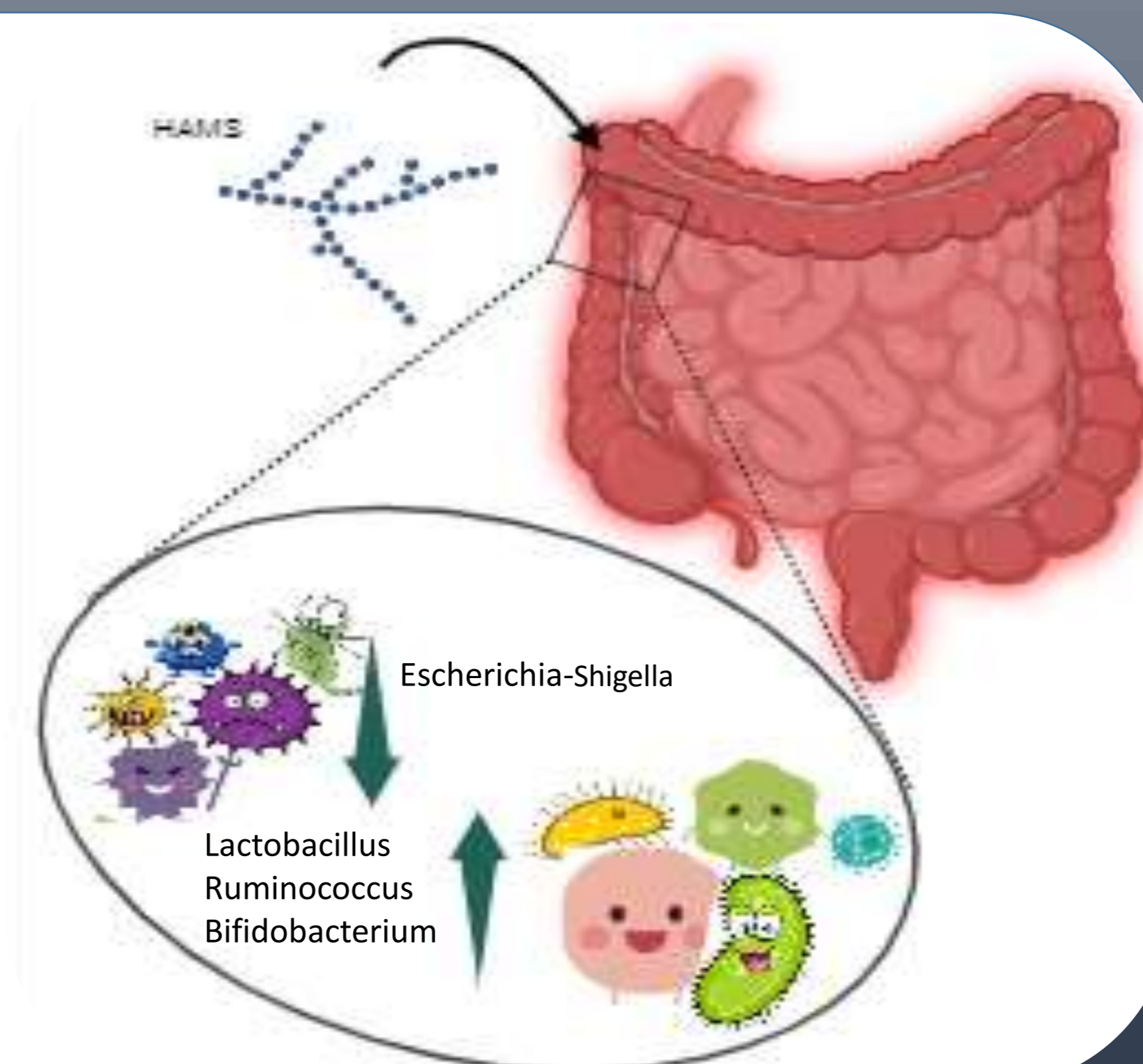
RS can be considered a prebiotic as it increases fecal Bifidobacterium, Lactobacillus, and Ruminococcus.

KEY MESSAGE

Amylase-resistant starch is a prebiotic that stimulates the relative abundance of Bifidobacterium and Lactobacillus. It has a positive effect on the colonic milieu, with attendant health benefits as it helps to maintain a balanced microbiome in gut.

FUTURE DIRECTION

It can be a good intervention strategy for reproductive age women and pregnant women who are supplemented with iron.



REFERENCE