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Isolation and Characterization of Lactic Acid Bacteria from Traditional Fermented Foods of Jammu Region

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Abstract

Microorganisms are present almost in every habitat because of its ubiquitous property. Among them, some microbes exhibit various beneficial properties viz. in improving human health or in the food production. Probiotics are one of those microbes that have extensive role in maintaining the host health and to control some diseases. According to FAO/WHO, Probiotics are “live microorganisms which, when administered in adequate amounts, confer a health benefit on the host”. The fermented foods are one of the major source of probiotics. These are those food that have undergone lactic fermentation process in which the natural microflora feeds upon the sugar and starch present in the food creating lactic acid. So traditional fermented foods of India can be a better way to explore more microflora of health promoting probiotic bacteria. This study is basically aimed to isolate the potential probiotic strains from the traditional fermented foods of Jammu region of India. The isolate were identified as *Lactobacillus paracasei* R094 K2 with accession number MN816009.1 which shows antimicrobial effect on food borne pathogen. Hence, this study affirms the use of the probiotic strains in the development functional foods to impart to betterment of the health of public as highly effective probiotics.

Keywords: Probiotics; Lactic acid; Traditional fermented foods

Citation

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