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**VEICULAÇÃO DE MICRORGANISMOS PROBIÓTICOS UTILIZANDO PRODUTOS
DE ORIGEM VEGETAL
VEHICULATION OF PROBIOTIC MICROORGANISMS USING PRODUCTS OF
PLANT ORIGIN**

Probiotic are microorganisms that, when consumed in adequate amounts, confer health benefits to the consumer, mainly by favoring the composition of the intestinal microbiota, modulating its immune system and delaying the onset of various chronic diseases. The dairy products are the more common matrices for the vehiculation of these microorganisms. However, other matrices have been studied due to the increasing demand for products directed to the consumers with lactose intolerance, allergic to milk and vegetarians. Vegetable are healthy, cholesterol-free and contain minerals, fibers and vitamins. In addition, the plant tissue favours the internalization of probiotics into the cells, since it consists of a phase system with a microstructure formed by pores. Thus, when vegetables are processed, the cellular membranes are disrupted, leading to the exposure of the internal tissue that favors the viability of the probiotic microorganism. There are already some vegetable products with of probiotic such as fruit juices, fruit salad and minimally processed vegetables. In this way, it is necessary to carry out new research in the development of vegetable-based products for the application of probiotic microorganisms, enabling a range of product options with numerous health and well-being benefits.

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