






CHAPTER 7

FUTURE SCOPE OF STUDY

-  FOS is a very cost effective supplement and successful strategy to be considered for weight reduction and controlling the epidemic of obesity.
-  FOS should be made available over the counter in form of syrup bottles or sachets in a similar way as artificial sugar sweeteners are available resulting in reducing calories coming for sugar or side effects borne by use of chemical sweeteners'. As a result apart from adding sweetness to our beverages and reducing calories, it will relieve constipation and dybiosis in disguise, improving overall health.
-  Food industries should take up FOS as a functional food for making low fat, low calorie ready to eat products specifically sweets, desserts, confectionaries and all other calorie dense popular products.
-  Long term studies for more than 6 months should be conducted to assess body adaptation leading to plateau effect and on long term weight maintenance.
-  Future studies assessing the bacterial colonization at species level using 16S mRNA sequencing and gut hormones in response to meal should be conducted fecal SCFA