

CHAPTER 8

BIBLIOGRAPHY

1. A Frank (2002), "Technological functionality of inulin and oligofructose", *British Journal of Nutrition*, 87, Suppl. 2, S287–S291.
2. Aakansha Mahendra and M. Sheth (2013), "Feasibility and acceptability of fructooligosaccharide substituted popular Indian foods", *Nutrition & Food Science*, Vol. 43 No. 3, 2013, pp. 204-212.
3. Adam TC, Toledo-Corral C, Lane CJ, Weigensberg MJ, Spruijt-Metz D, Davies JN et al. Insulin sensitivity as an independent predictor of fat mass gain in Hispanic adolescents. *Diabetes Care* 2009. 32: 2114–2115.
4. Adams, H. P., Adams, R. J., Brott, T., del Zoppo, G. J., Furlan, A., Goldstein, L. B., ... Stroke Council of the American Stroke Association. (2003). Guidelines for the Early Management of Patients with Ischemic Stroke: A Scientific Statement from the Stroke Council of the American Stroke Association. *Stroke*, 34(4), 1056–1083 <https://doi.org/10.1161/01.STR.0000064841.47697.22>
5. Aderem A and Ulevitch RJ. Toll-like receptors in the induction of the innate immune response. *Nature* 2000. 406: 782–87
6. Adrian TE, Ferri GL, Bacarese-Hamilton AJ, Fuessl HS, Polak JM, Bloom SR. Human distribution and release of a putative new gut hormone, peptide YY. *Gastroenterology* 1985. 89: 1070–1077.
7. Agne A. A., Daubert R., Munoz M. L., Scarinci I., & Cherrington A. L. The cultural context of obesity: exploring perceptions of obesity and weight loss among Latina immigrants. *Journal of Immigrant and Minority Health* 2012. 14(6): 1063-1070.
8. Air EL, Benoit SC, Blake Smith KA, Clegg DJ, Woods SC. Acute third ventricular administration of insulin decreases food intake in two paradigms. *Pharmacol Biochem Behav* 2002. 72: 423–429.
9. Alberti, G., Zimmet, P., & Shaw, J. (2006). Metabolic Syndrome: A New World-Wide Definition. A Consensus Statement from the International

- Diabetes Federation. *Diabetic Medicine*, (May 2016), 469–480. <https://doi.org/10.1111/j.1464-5491.2006.01858.x>
10. Al-Disi, D. A., Al-Daghri, N. M., Khan, N., Alfadda, A. A., Sallam, R. M., Alsaif, M., ... McTernan, P. G. (2015). Postprandial effect of a high-fat meal on endotoxemia in Arab women with and without insulin-resistance-related diseases. *Nutrients*, 7(8), 6375–6389. <https://doi.org/10.3390/nu7085290>
 11. Al-Hamodi, Z., Molham, A. H., Al-Meeri, A., & Saif-Ali, R. Association of adipokines, leptin/adiponectin ratio and C-reactive protein with obesity and type 2 diabetes mellitus. *Diabetology & Metabolic Syndrome* 2014. 6(1): 1.
 12. Alison DB, Faith MS, Nathen JS. Risch's Lamda value for human obesity. *Int J Epidemiol* 1988. 17: 77-81.
 13. Alles, M. S., Hautvast, J. G., Nagengast, F. M., Hartemink, R., Van Laere, K. M., & Jansen, J. B. (1996). Fate of fructo-oligosaccharides in the human intestine. *The British Journal of Nutrition*, 76(2), 211–21. <https://doi.org/10.1079/BJN19960026>
 14. Amar J., C. Chabo, A. Waget, P. Klopp, C. Vachoux, L.G. Bermudez-Humaran, N. Smirnova, M. Berge, T. Sulpice, S. Lahtinen and others. 2011a. Intestinal mucosal adherence and translocation of commensal bacteria at the early onset of type 2 diabetes: molecular mechanisms and probiotic treatment. *EMBO Mol. Med.* 3(9): 559–572.
 15. Amar J., M. Serino, C. Lange, C. Chabo, J. Iacovoni, S. Mondot, P. Lepage, C. Klopp, J. Mariette, O. Bouchez and others. 2011b. Involvement of tissue bacteria in the onset of diabetes in humans: evidence for a concept. *Diabetologia* 54: 3055–3061.
 16. Amar, J., Burcelin, R., Ruidavets, J. B., Cani, P. D., Fauvel, J., Alessi, M. C., ... Ferrières, J. (2008). Energy intake is associated with endotoxemia in apparently healthy men. *American Journal of Clinical Nutrition*, 87(5), 1219–1223. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/18469242>
 17. Amin TT, Al-Sultan AI, Ali A. Overweight and obesity and their relation to dietary habits and socio-demographic characteristics among male primary school children in Al-Hassa, Kingdom of Saudi Arabia. *Eur J Nutr* 2008. 47: 310-318.

18. Amin, T. T., Al-Sultan, A. I., & Ali, A. (2008). Overweight and Obesity and their Association with Dietary Habits, and Sociodemographic Characteristics Among Male Primary School Children in Al-Hassa, Kingdom of Saudi Arabia. *Indian Journal of Community Medicine: Official Publication of Indian Association of Preventive & Social Medicine*, 33(3), 172-81. <https://doi.org/10.4103/0970-0218.42058>
19. Anchala, R., Kannuri, N. K., Pant, H., Khan, H., Franco, O. H., Di Angelantonio, E., & Prabhakaran, D. (2014). Hypertension In India: A Systematic Review And Meta-Analysis Of Prevalence, Awareness, And Control Of Hypertension. *Journal Of Hypertension*, 32(6), 1170-1177. [Http://Doi.Org/10.1097/HJH.0000000000000146](http://doi.org/10.1097/HJH.0000000000000146)
20. Andreasen, C. H., Stender-Petersen, K. L., Mogensen, M. S., Torekov, S. S., Wegner, L., Andersen, G. & Clausen, J. O. Low physical activity accentuates the effect of the FTO rs9939609 polymorphism on body fat accumulation. *Diabetes* 2008. 57(1): 95-101.
21. Angelakis, E., Armougom, F., Million, M., & Raoult, D. The relationship between gut microbiota and weight gain in humans. *Future Microbiology*, 2012. 7(1): 91-109.
22. Arbolea, S., Binetti, A., Salazar, N., Fernández, N., Solís, G., Hernández-Barranco, A., ... Gueimonde, M. (2012). Establishment and development of intestinal microbiota in preterm neonates. *FEMS Microbiology Ecology*, 79(3), 763-772. <https://doi.org/10.1111/j.1574-6941.2011.01261.x>
23. Armougom, F., Henry, M., Vialettes, B., Raccah, D., & Raoult, D. (2009). Monitoring Bacterial Community of Human Gut Microbiota Reveals an Increase in Lactobacillus in Obese Patients and Methanogens in Anorexic Patients. *PLoS ONE*, 4(9), e7125. <https://doi.org/10.1371/journal.pone.0007125>
24. Arya S, Isharwal S, Misra A, Pandey RM, Rastogi K, Vikram NK, Dhingra V, Chatterjee A, Sharma R, Luthra K. C-reactive protein and dietary protein and dietary nutrients in urban Asian Indian adolescents and young adults. *Nutrition* 2006. 22: 865-871.

25. Assudani Aparna, Mini Sheth, Nidhi Jain et al.. Feasibility and Acceptability of Adding Fructooligosaccharide at Varying Levels in Dudhi muthiya and Vegetable chilla. *Inventi Rapid: Nutraceuticals*, 2013(4):1-6, 2013.
26. Assudani, A., Sheth, M., Jain N., & Parnami, S. (2014). Indirect Determinant's of Obesity in Bank Employees of Urban Vadodara-A Cross Sectional Study. *IJABPT*, Vol 5(3), pp5-12.
27. Astrup, A., Dyerberg, J., Selleck, M., & Stender, S.. Nutrition transition and its relationship to the development of obesity and related chronic diseases. *Obesity Reviews* 2008. 9(s1): 48-52.
28. Baba E, Nagaishi S, Fukata T, Arakawa A. The role of intestinal microflora on the prevention of Salmonella colonization in gnotobiotic chickens. *Poultry Sci* 1991; 70: 1902-07
29. Bäckhed F, Changes In Intestinal Microflora In Obesity: Cause Or Consequence?, *Journal Of Pediatric Gastroenterology & Nutrition*: April 2009 - Volume 48 - Issue - P S56-S57; Doi: 10.1097/MPG.0b013e3181a11851
30. Backhed, F., Ding, H., Wang, T., Hooper, L. V., Koh, G. Y., Nagy, A., ... Gordon, J. I. (2004). The gut microbiota as an environmental factor that regulates fat storage. *Proceedings of the National Academy of Sciences*, 101(44), 15718-15723. <https://doi.org/10.1073/pnas.0407076101>
31. Baggio, L. L., & Drucker, D. J.. Glucagon-like peptide-1 receptors in the brain: controlling food intake and body weight. *The Journal of Clinical Investigation* 2014. 124(10): 4223-4226.
32. Bai, J. A. (Ed.). (2014). *Beneficial Microbes in Fermented and Functional Foods*. CRC Press.
33. Balentine CJ, Enriquez J, Fisher W, Hodges S, Bansal V, Sansgiry S, Petersen NJ, Berger DH. Intra-abdominal fat predicts survival in pancreatic cancer. *J Gastrointest Surg* 2010. 14: 1832-1837.
34. Balkau B, Deanfield JE, Després JP, Bassand JP, Fox KA, Smith SC Jr., Barter P, Tan CE, Van Gaal L, Wittchen HU, Massien C, Haffner SM. International Day for the Evaluation of Abdominal Obesity (IDEA): a study of waist circumference, cardiovascular disease, and diabetes mellitus in 168,000 primary care patients in 63 countries. *Circulation* 2007. 116: 1942-1951.

35. Bamia C, Trichopoulou A, Lenas D, Trichopoulos D. Tobacco smoking in relation to body fat mass and distribution in a general population sample. *Int J Obes Relat Metab Disord* 2004;28:1091–6
36. Barczynska R., K. Jochym, K. Ślizewska, J. Kapuśniak and Z. Libudzisz. 2010. The effect of citric acid-modified enzyme-resistant dextrin on growth and metabolism of selected strains of probiotic and other intestinal bacteria. *Journal of Functional Foods* 2: 126–133.
37. Barczynska R., K. Slizewska, K. Jochym, J. Kapusniak and Z. Libudzisz. 2012. The tartaric acid-modified enzyme-resistant dextrin from potato starch as potential prebiotic. *Journal of Functional Foods* 4: 954–962.
38. Barichella M, Pacchetti C, Bolliri C, Cassani E, Iorio L, Pusani C, Pinelli G, Privitera G, Cesari I, Faierman SA, Caccialanza R, Pezzoli G, Cereda E, Probiotics And Prebiotic Fiber For Constipation Associated With Parkinson Disease: An RCT, *Neurology*. 2016 Sep 20;87(12):1274-80. Doi: 10.1212/WNL.0000000000003127.
39. Barker DJP. Fetal origins of cardiovascular disease. *Ann Med* 1999. 31: 3-6.
40. Barreto, G. P. M., Silva, N., Silva, E. N., Botelho, L., Yim, D. K., Almeida, C. G., & Saba, G. L. (2003). Quantificação De Lactobacillus Acidophilus, Bifidobactérias E Bactérias Totais Em Produtos Probióticos Comercializados No Brasil. *Brazilian Journal Of Food Technology*, 6(1), 119-126.
41. Barter, P. J., & Nestel, P. J. (1973). Precursors of plasma triglyceride fatty acids in obesity. *Metabolism*, 22(6), 779–785. [https://doi.org/10.1016/0026-0495\(73\)90048-6](https://doi.org/10.1016/0026-0495(73)90048-6)
42. Basen-Engquist K, Chang M. Obesity and cancer risk: recent review and evidence. *Curr Oncol Rep* 2011. 13: 71–76.
43. Batle Jaan and Michael Lewis. The relative effects of race and socioeconomic status on academic achievement. *Journal of Poverty* 2002. 6(2): 21-35.
44. Batterham RL, Le Roux CW, Cohen MA, Park AJ, Ellis SM, Patterson M et al. Pancreatic polypeptide reduces appetite and food intake in humans. *J Clin Endocrinol Metab* 2003. 88: 3989–3992.
45. Bays, H. E., Toth, P. P., Kris-Etherton, P. M., Abate, N., Aronne, L. J., Virgil Brown, W., ... Hopkins Hospital, J. (2013). Obesity, adiposity, and

- dyslipidemia: A consensus statement from the National Lipid Association. <https://doi.org/10.1016/j.jacl.2013.04.001>
46. Beck, A. T., Ward, C. H., Mendelson, M., Mock, J., & Erbaugh, J. (1961). An Inventory for Measuring Depression. *Archives of General Psychiatry*, 4(6), 561. <https://doi.org/10.1001/archpsyc.1961.01710120031004>
 47. Belenchia, A. M., Tosh, A. K., Hillman, L. S., & Peterson, C. A. Correcting vitamin D insufficiency improves insulin sensitivity in obese adolescents: a randomized controlled trial. *The American Journal of Clinical Nutrition* 2013. 97(4): 774-781.
 48. Benditt, E. P., Hoffman, J. S., Eriksen, N., Parmelee, D. C., & Walsh, K. A. (1982). SAA, an apoprotein of HDL: its structure and function. *Annals of the New York Academy of Sciences*, 389, 183-9. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/7046575>
 49. Berg RD: The Indigenous Gastrointestinal Microflora. *Trends Microbiol* 4: 430-435, 1996
 50. Bergström, A., Skov, T. H., Bahl, M. I., Roager, H. M., Christensen, L. B., Ejlerskov, K. T., ... Licht, T. R. (2014). Establishment of intestinal microbiota during early life: A longitudinal, explorative study of a large cohort of Danish infants. *Applied and Environmental Microbiology*. <https://doi.org/10.1128/AEM.00342-14>
 51. Bernet MF, Brassart D, Neeser JR and Servin AL. *Lactobacillus acidophilus* LA 1 binds to cultured human intestinal cell lines and inhibits cell attachment and cell invasion by entero virulent bacteria. *Gut* 1994. 35: 483-89
 52. Berthier MT, Houde A, Paradis AM, Couture P, Gaudet D, Després JP, Vohl MC. Molecular screening of the microsomal triglyceride transfer protein: association between polymorphisms and both abdominal obesity and plasma apolipoprotein B concentration. *J Hum Genet* 2004. 49: 684-690.
 53. Bervoets, L., Van Hoorenbeeck, K., Kortleven, I., Van Noten, C., Hens, N., Vael, C.,... Vankerckhoven, V. (2013). Differences in gut microbiota composition between obese and lean children: a cross-sectional study. *Gut Pathogens*, 5(1), 10. <https://doi.org/10.1186/1757-4749-5-10>

54. Beutler, B. (2004). Inferences, Questions And Possibilities In Toll-Like Receptor Signalling. *Nature*, 430(6996), 257-263. <https://doi.org/10.1038/Nature02761>
55. Bhardwaj, S., Misra, A., Misra, R., Goel, K., Bhatt, S. P., Rastogi, K., ... Gulati, S. (2011). High Prevalence of Abdominal, Intra-Abdominal and Subcutaneous Adiposity and Clustering of Risk Factors among Urban Asian Indians in North India. *PLoS ONE*, 6(9), e24362. <https://doi.org/10.1371/journal.pone.0024362>
56. Bhatt, T., Mehan, M. (2014). Workplace health promotion (Unpublished doctoral thesis). The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat.
57. Biasucci, G., Rubini, M., Riboni, S., Morelli, L., Bessi, E., & Retetangos, C. (2010). Mode of delivery affects the bacterial community in the newborn gut. *Early Human Development*, 86(1), 13-15. <https://doi.org/10.1016/j.earlhumdev.2010.01.004>
58. Bindels L. B., Delzenne N. M., Cani P. D., Walter J. (2015). Towards A More Comprehensive Concept For Prebiotics. *Nat. Rev. Gastroenterol. Hepatol.* 12, 303-310. [10.1038/Nrgastro.2015.47](https://doi.org/10.1038/Nrgastro.2015.47)
59. Bishwajit G. Nutrition transition in South Asia: the emergence of non-communicable chronic diseases. *F1000 Research* 2015, 4: 8.
60. Bjorksten B. The gut microbiota: A complex ecosystem. *Clinical and Experimental Allergy* 2006. 36(10): 1215-1217
61. Björntorp P. Visceral obesity: a “civilization syndrome.” *Obes Res* 1993. 1: 206-222.
62. Blackburn GL. Dietary pattern for weight management and health. *Obes Res* 2002. 9 (Suppl): 2178-2185.
63. Blaha MJ, Bansal S, Rouf R, Golden SH, Blumenthal RS, DeFilippis AP. A practical “ABCDE” approach to the metabolic syndrome. *Mayo Clinic Proceedings*. 2008;83(8):932-943.
64. Boler BV, Seroo MC, Faber TA, Bauer LL, Chow JM and Murphy MR et al. In Vitro Fermentation Characteristics of Select Nondigestible Oligosaccharides by Infant Fecal Inoculation. *Journal of Agriculture Food Chemistry* 2013. 61 (9): 2109-2119.

65. Bomhof, M. R., Saha, D. C., Reid, D. T., Paul, H. A., & Reimer, R. A. Combined effects of oligofructose and *Bifidobacterium animalis* on gut microbiota and glycemia in obese rats. *Obesity* 2014. 22(3): 763-771.
66. Borruel N, Carol M, Casellas F, et al. Increased mucosal TNF production in Crohn's disease can be down regulated *ex vivo* by probiotic bacteria. *Gut* 2002. 5: 659-64
67. Bouchard, Weisnagel SJ, Engert JC, Hudson TJ, Bouchard C, Vohl MC, Pérusse L. Human resistin gene polymorphism is associated with visceral obesity and fasting and oral glucose stimulated C-peptide in the Quebec Family Study. *J Endocrinol Invest* 2004. 27: 1003-1009.
68. Bouhnik Y et al. Short chain fructooligosaccharide administration dose dependently increases fecal bifidobacteria in healthy humans. *Journal of Nutrition* 1999. 129: 113
69. Braunschweig CL, Gomez S, Liang H, Tomey K, Doerfler B, Wang Y, Beebe C, Lipton R. Obesity and risk factors for the metabolic syndrome among low-income, urban, African American school children: the rule rather than exception? *Am J Clin Nutr* 2005. 81: 970-975.
70. Brennan AM, Mantzoros CS (2006). "Drug Insight: the role of leptin in human physiology and pathophysiology--emerging clinical applications". *Nat Clin Pract Endocrinol Metab.* 2 (6): 318-27. doi:10.1038/ncpendmet0196. PMID 16932309.
71. Brook I. Bacterial interference. *Critical Review of Microbiology* 1999. 25: 155-72
72. Brown, C. D., Higgins, M., Donato, K. A., Rohde, F. C., Garrison, R., Obarzanek, E., ... Horan, M. (2000). Body Mass Index and the Prevalence of Hypertension and Dyslipidemia. *Obesity Research*, 8(9), 605-619. <https://doi.org/10.1038/oby.2000.79>
73. Brun P., Castagliuolo I, Di Leo V., Buda A., Pinzani M., Palù G., Martines D. Increased Intestinal Permeability In Obese Mice : New Evidence In The Pathogenesis Of Nonalcoholic Steatohepatitis. *Am. J. Physiol. Gastrointest. Liver. Physiol.*, 2007, 292 : G518-G525.
74. Bruno F. A., Lankaputhra W. E. V., & Shah N. P. Growth, viability and activity of *Bifidobacterium* spp. in skim milk containing prebiotics. *Journal of Food Science* 2002. 67(7): 2740-2744.

75. Buddington RK et al. Dietary supplement of neosugar alters the fecal flora and decreases activities of some reductive enzymes in human subjects. *American Journal of Clinical nutrition* 1996. 63: 709
76. Buffa R, Solcia E, Go VL. Immunohistochemical identification of the cholecystokinin cell in the intestinal mucosa. *Gastroenterology* 1976. 70: 528–532.
77. Butler JE, Sun J, Weber P, Navarro P and Francis D. Antibody repertoire development in fetal and newborn piglets, III. Colonization of the gastrointestinal tract selectively diversifies the pre immune repertoire in mucosal lymphoid tissues. *Immunology* 2001. 100: 119–30
78. Caballero, B. The global epidemic of obesity: an overview. *Epidemiologic Reviews* 2007. 29(1): 1-5.
79. Cahill, F., Ji, Y., Wadden, D., Amini, P., Randell, E., Vasdev, S. & Sun, G. (2014). The Association of Serum Total Peptide YY (PYY) with Obesity and Body Fat Measures in the CODING Study. *PloS one*, 9(4), e95235.
80. Calder PC, Ahluwalia N, Albers R, Bosco N, Bourdet-Sicard R, Haller D, Holgate ST, Jönsson LS, Latulippe ME, Marcos A, Moreines J, M'Rini C, Müller M, Pawelec G, Van Neerven RJ, Watzl B, Zhao J, (2013), A Consideration Of Biomarkers To Be Used For Evaluation Of Inflammation In Human Nutritional Studies. *Br J Nutr.* Jan;109 Suppl 1:S1-34. Doi: 10.1017/S0007114512005119.
81. Calle EE, Rodriguez C, Walker-Thurmond K, Thun MJ. Overweight, obesity, and mortality from cancer in a prospectively studied cohort of U.S. adults. *N Engl J Med* 2003. 348: 1625–1638.
82. Calvani, R., Miccheli, A., Capuani, G., Tomassini Miccheli, A., Puccetti, C., Delfini, M., ... Mingrone, G. (2010). Gut microbiome-derived metabolites characterize a peculiar obese urinary metabotype. *International Journal of Obesity*, 34(6), 1095–1098. <https://doi.org/10.1038/ijo.2010.44>
83. Camilleri, M. (2006). Integrated upper gastrointestinal response to food intake. *Gastroenterology*, 131(2), 640–58. <https://doi.org/10.1053/j.gastro.2006.03.023>

84. Canella, D. S., Levy, R. B., Martins, A. P. B., Claro, R. M., Moubarac, J. C., Baraldi, L. G., ... & Monteiro, C. A. (2014). Ultra-processed food products and obesity in Brazilian households (2008–2009). *PLoS One*, 9(3), e92752.
85. Cani P.D., Amar J., Iglesias M.A., Poggi M., Knauf C., Bastelica D., Neyrinck A.M., Fava F., Tuohy K.M., Chabo C., Waget A., Delmée E., Cousin B., Sulpice T., Chamontin B., Ferrières J., Tanti J.F., Gibson G.R., Casteilla L., Delzenne N.M., Alessi M.C., Burcelin R. Metabolic Endotoxemia Initiates Obesity And Insulin Resistance. *Diabetes*, 2007, 56 (7) : 1761-72.
86. Cani P.D., Bibiloni R., Knauf C., Waget A., Neyrinck A.M., Delzenne N.M., Burcelin R. Changes In Gut Microbiota Control Metabolic Endotoxemia-Induced Inflammation In High-Fat Diet-Induced Obesity And Diabetes In Mice. *Diabetes*, 2008, 57 : 1470-81.
87. Cani P.D., Neyrinck A.M., Fava F., Knauf C., Burcelin R.G., Tuohy K.M., Gibson G.R., Delzenne N.M. Selective Increases Of Bifidobacteria In Gut Microflora Improve High-Fat-Diet-Induced Diabetes In Mice Through A Mechanism Associated With Endotoxaemia. *Diabetologia*, 2007, 50 : 2374-83
88. Cani P.D., Possemiers S., Van De Wiele T., Guiot Y., Everard A., Rottier O., Geurts L., Naslain D., Neyrinck A., Lambert D.M., Muccioli G.G., Delzenne N.M. Changes In Gut Microbiota Control Inflammation In Obese Mice Through A Mechanism Involving Glp-2-Driven Improvement Of Gut Permeability. *Gut*, 2009, 58 : 1091-103.
89. Cani PD, Hoste S, Guiot Y, Delzenne NM: Dietary non-digestible carbohydrates promote L-cell differentiation in the proximal colon of rats. *Br J Nutr* 2007, 98:32–37.
90. Cani PD, Knauf C, Iglesias MA, Drucker DJ, Delzenne NM and Burcelin R. Improvement of glucose tolerance and hepatic insulin sensitivity by oligofructose requires a functional GLP-1 receptor. *Diabetes* 2006. 55: 1484–1490.
91. Cani, P. D., Joly, E., Horsmans, Y., & Delzenne, N. M. (2006). Oligofructose promotes satiety in healthy human: a pilot study. *European Journal of Clinical Nutrition*, 60(5), 567–572. <https://doi.org/10.1038/sj.ejcn.1602350>
92. Cani, P. D., Lecourt, E., Dewulf, E. M., Sohet, F. M., Pachikian, B. D., Naslain, D., ... Delzenne, N. M. (2009). Gut microbiota fermentation of prebiotics

- increases satietogenic and incretin gut peptide production with consequences for appetite sensation and glucose response after a meal. *American Journal of Clinical Nutrition*, 90(5), 1236–1243. <https://doi.org/10.3945/ajcn.2009.28095>
93. Cani, P.D. and Delzenne, N.M., 2010. The gut microbiome as therapeutic target. *Pharmacology and Therapeutics*, 130: 202-212.
 94. Cebra JJ, Periwal SB, Lee G, Lee F, Shroff KE. Development and maintenance of the gut-associated lymphoid tissue (GALT): the roles of enteric bacteria and viruses. *Dev Immunol* 1998. 6: 13–18
 95. Chaudhri OB, Salem V, Murphy KG, Bloom SR. Gastrointestinal satiety signals. *Annu Rev Physiol* 2008. 70: 239-55.
 96. Chen HL, Lu YH, lin JJ, Ko LY. Effects of fructooligosaccharide on bowel function and indicators of nutritional status in constipated elderly men. *Nutr Res*. 2000;20:1725-33.
 97. Chiang BN, Perlman LV, Epstein FH. Overweight and hypertension. A review. *Circulation* 1969. 39: 403–421.
 98. Chiolo A, Jacot-Sadowski I, Faeh D, Paccaud F, Cornuz J. Association of cigarettes daily smoked with obesity in a general European adult population. *Obes Res* 2007; 15 (5):1311– 8.
 99. Cho, Y. M. (2011). Gut Hormones and Obesity. *SIDDS*, 11(단일호), 39-40.
 100. Cnattingius, S., Villamor, E., Lagerros, Y. T., Wikström, A. K., & Granath, F.. High birth weight and obesity—a vicious circle across generations. *International Journal of Obesity* 2012. 36(10): 1320-1324.
 101. Cockram DB, Hensley MK, Rodriguez M, et al. Safety and tolerance of medical nutritional products as sole sources of nutrition in people on hemodialysis. *J Ren Nutr*. Jan 1998;8(1):25-33.
 102. Coll, A. P., Farooqi, I. S., & O'Rahilly, S. (2007). The Hormonal Control Of Food Intake. *Cell*, 129(2), 251–262. [Http://Doi.Org/10.1016/J.Cell.2007.04.001](http://doi.org/10.1016/j.cell.2007.04.001)
 103. Collings, P. J., Brage, S., Ridgway, C. L., Harvey, N. C., Godfrey, K. M., Inskip, H. & Ekelund, U.. Physical activity intensity, sedentary time, and body composition in preschoolers. *The American Journal of Clinical Nutrition*, 2013. 97(5): 1020-1028.
 104. Conly JM, Stein K, Worobetz L and Rutledge-Harding S. The contribution of vitamin K2 (menaquinones) produced by the intestinal microflora to human

- nutritional requirements for vitamin K. *American Journal of Gastroenterology* 1994. 89: 915-23
105. Conterno L, Fava F, Viola R, Tuohy KM. Obesity and the gut microbiota: does upregulating colonic fermentation protect against obesity and metabolic disease? *Genes Nutr* 2011. 6(3): 241-260.
 106. Costello, E. K., Stagaman, K., Dethlefsen, L., Bohannan, B. J. M., & Relman, D. A. (2012). The Application of Ecological Theory Toward an Understanding of the Human Microbiome. *Science*, 336(6086), 1255-1262. <https://doi.org/10.1126/science.1224203>
 107. Cotillard, A., Kennedy, S. P., Kong, L. C., Prifti, E., Pons, N., Le Chatelier, E., ... Layec, S. (2013). Dietary intervention impact on gut microbial gene richness. *Nature*, 500(7464), 585-588. <https://doi.org/10.1038/nature12480>
 108. Couillard C, Vohl MC, Engert JC, Lemieux I, Houde A, Alméras N, Prud'homme D, Nadeau A, Després JP and Bergeron J. Effect of apoC-III gene polymorphisms on the lipoprotein-lipid profile of viscerally obese men. *J Lipid Res* 2003. 44: 986-993.
 109. Coussement P. Inulin and oligofructose: safe intakes and legal status. *Journal of Nutrition* 1999. 129: 1412S-7S
 110. Cremonini, F., Camilleri, M., Clark, M. M., Beebe, T. J., Locke, G. R., Zinsmeister, A. R., ... Talley, N. J. (2009). Associations among binge eating behavior patterns and gastrointestinal symptoms: a population-based study. *International Journal of Obesity*, 33(3), 342-53. <https://doi.org/10.1038/ijo.2008.272>
 111. Croezen, S., Visscher, T. L. S., Ter Bogt, N. C. W., Veling, M. L., & Haveman-Nies, A. Skipping breakfast, alcohol consumption and physical inactivity as risk factors for overweight and obesity in adolescents: results of the E-MOVO project. *European Journal of Clinical Nutrition* 2009. 63(3): 405-412.
 112. Cruwys, T., Bevelander, K. E., & Hermans, R. C. Social modeling of eating: A review of when and why social influence affects food intake and choice. *Appetite* 2015. 86: 3-18.
 113. Cruz, A. G., Cavalcanti, R. N., Guerreiro, L. M. R., Sant'Ana, A. S., Nogueira, L. C., Oliveira, C. A. F., Deliza, R., Cunha, R. L., Faria, J. A. F., & Bolini, H. M. A. (2013). Developing A Prebiotic Yogurt: Rheological, Physico-Chemical

- And Microbiological Aspects And Adequacy Of Survival Analyses Methodology. *Journal Of Food Engineering*, 114(3), 323-330.
114. Cuestas, E. (2008). Genetics of obesity. *Revista de La Facultad de Ciencias Medicas* (Cordoba, Argentina), 65(4), 132-141. <https://doi.org/10.5339/qfarf.2011.bmps6>
 115. Cummings JH, Beatty ER, Kingman SM, Bingham SA and Englyst HN. Digestion and physiological properties of resistant starch in the human large bowel. *British Journal of Nutrition* 1996. 75: 733-47
 116. Cummings JH, Englyst HN. Fermentation in the human large intestine and the available substrates. *American Journal of Clinical Nutrition* 1987. 45 (suppl): 1243-55
 117. Cummings JH. Non-starch polysaccharides (dietary fibre) including bulk laxatives in constipation. In: Kamm MA, Lennard-Jones JE, eds. *Constipation*. Petersfield, United Kingdom: Wrightson Biomedical Publishing Ltd, 1994:307-14.
 118. Cummings, J. H., Pomare, E. W., Branch, W. J., Naylor, C. P., & Macfarlane, G. T. (1987). Short chain fatty acids in human large intestine, portal, hepatic and venous blood. *Gut*, 28(10), 1221-7. <https://doi.org/10.1136/gut.28.10.1221>
 119. Da Silva, S. T., Dos Santos, C. A., & Bressan, J. (2013). Microbiota Intestinal; Relevance To Obesity And Modulation By Prebiotics And Probiotics. *Nutricion Hospitalaria*, 28(4), 1039-1048. <https://doi.org/10.3305/Nh.2013.28.4.6525>
 120. Dagenais GR, Yi Q, Mann JF, Bosch J, Pogue J, Yusuf S. Prognostic impact of body weight and abdominal obesity in women and men with cardiovascular disease. *Am Heart J* 2005. 149: 54-60.
 121. Dallman MF, la Fleur SE, Pecoraro NC, Gomez F, Houshyar H, Akana SF. Minireview: glucocorticoids-food intake, abdominal obesity, and wealthy nations. *Endocrinology* 2004. 145: 2633-2638.
 122. Dare S, Mackay DF, Pell JP, (2015) Relationship Between Smoking And Obesity: A Cross-Sectional Study Of 499,504 Middle-Aged Adults In The UK General Population, *Plos One*. Apr 17; 10(4):E0123579. Doi: 10.1371/Journal.Pone.0123579.

123. David, L. A., Maurice, C. F., Carmody, R. N., Gootenberg, D. B., Button, J. E., Wolfe, B. E., ... Turnbaugh, P. J. (2013). Diet rapidly and reproducibly alters the human gut microbiome. *Nature*, 505(7484), 559–563. <https://doi.org/10.1038/nature12820>
124. De Leenheer L. Production and use of inulin: industrial reality with a promising future. In: Van Bakkum H, Ro per H, Voragen F, editors. *Carbohydrates as organic raw materials III*. New York: V.C.H. Publishers. pp. 67–92. 1996
125. De Vriendt T, Moreno LA, De Henauw S. Chronic stress and obesity in adolescents: scientific evidence and methodological issues for epidemiological research. *Nutr Metab Cardiovasc Dis* 2009. 19: 511–519.
126. De Wit L, Luppino F, Van Straten A, Penninx B, Zitman F, Cuijpers P. Depression And Obesity: A Meta-Analysis Of Community-Based Studies. *Psychiatry Res* 2010;178(2):230-5
127. Deepa, M., Farooq, S., Deepa, R., Manjula, D., & Mohan, V. (2009). Prevalence and significance of generalized and central body obesity in an urban Asian Indian population in Chennai, India (CURES: 47). *European Journal of Clinical Nutrition*, 63(2), 259–67. <https://doi.org/10.1038/sj.ejcn.1602920>
128. Delzenne N, Roberfroid MB. Physiological effects of nondigestible oligosaccharides. *Lebensm-Wiss Technol* 1994. 27: 1–6.
129. Delzenne NM and Kok N. (1998). Effect of non-digestible fermented carbohydrates on hepatic fatty acid metabolism. *Biochemical Society Transactions*, 1998; 26:228-230.
130. Delzenne, N. M., & Cani, P. D. (2011). Interaction between obesity and the gut microbiota: relevance in nutrition. *Annu Rev Nutr*, 31(1), 15–31. <https://doi.org/10.1146/annurev-nutr-072610-145146>
131. Delzenne, N. M., Neyrinck, A. M., Bäckhed, F., & Cani, P. D. (2011). Targeting gut microbiota in obesity: effects of prebiotics and probiotics. *Nature Reviews Endocrinology*, 7(11), 639–646. <https://doi.org/10.1038/nrendo.2011.126>
132. Denis Lairon, Nathalie Arnault, Sandrine Bertrais, Richard Planells, Enora Clero, Serge Hercberg, and Marie-Christine Boutron-Ruault, (2005), Dietary fiber intake and risk factors for cardiovascular disease in French adults, *Am J Clin Nutr*, 2005; 82:1185–94.

133. Després JP. Excess visceral adipose tissue/ectopic fat: the missing link in the obesity paradox? *J Am Coll Cardiol* 2011. 57: 1887-1889.
134. Deurenberg P, Deurenberg-Yap M, Guricci S. Asians are different from Caucasians and from each other in their body mass index/body fat per cent relationship. *Obes Rev* 2002. 3: 141-146.
135. DiBaise, J. K., & Foxx-Orenstein, A. E. (2013). Role of the gastroenterologist in managing obesity. *Expert Review of Gastroenterology & Hepatology*, 7(5), 439-51. <https://doi.org/10.1586/17474124.2013.811061>
136. DiBaise, J. K., Frank, D. N., & Mathur, R. (2012). Impact of the Gut Microbiota on the Development of Obesity: Current Concepts. *The American Journal of Gastroenterology Supplements*, 1(1), 22-27. <https://doi.org/10.1038/ajgsup.2012.5>
137. DiBaise, J. K., Zhang, H., Crowell, M. D., Krajmalnik-Brown, R., Decker, G. A., & Rittmann, B. E. (2008). Gut microbiota and its possible relationship with obesity. *Mayo Clinic Proceedings*. Mayo Clinic, 83(4), 460-469. <https://doi.org/10.4065/83.4.460>
138. Dominguez-Bello, M. G., Costello, E. K., Contreras, M., Magris, M., Hidalgo, G., Fierer, N., & Knight, R. (2010). Delivery mode shapes the acquisition and structure of the initial microbiota across multiple body habitats in newborns. *Proceedings of the National Academy of Sciences of the United States of America*, 107(26), 11971-5. <https://doi.org/10.1073/pnas.1002601107>
139. Donoho CJ, Weigensberg MJ, Emken BA, Hsu JW, Spruijt-Metz D. Stress and abdominal fat: Preliminary evidence of moderation by the cortisol awakening response in Hispanic peripubertal girls. *Obesity* 2011. 19: 946-952.
140. Drewnowski A, Popkin BM. The Nutrition Transition: New trends in the global diet. *Nut Rews* 1997. 55: 31-43.
141. Drewnowski, A., & Specter, S. E. Poverty and obesity: the role of energy density and energy costs. *The American Journal of Clinical Nutrition* 2004. 79(1): 6-16.
142. Druce MR, Bloom SR. Oxyntomodulin: a novel potential treatment for obesity. *Treat Endocrinol* 2006. 5: 265-272.

143. Druce MR, Neary NM, Small CJ, Milton J, Monteiro M, Patterson M et al. Subcutaneous administration of ghrelin stimulates energy intake in healthy lean human volunteers. *Int J Obes (Lond)* 2006. 30: 293-296.
144. Druce MR, Wren AM, Park AJ, Milton JE, Patterson M, Frost G et al. Ghrelin increases food intake in obese as well as lean subjects. *Int J Obes (Lond)* 2005. 29: 1130-1136.
145. Drummond S, Crombie N, Kirk T. A critique of the effects of snacking on body weight status. *Eur J Clin Nutr* 1996. 50: 779-783.
146. Du, H., Bennett, D., Li, L., Whitlock, G., Guo, Y., Collins, R. & Chen, X.. Physical activity and sedentary leisure time and their associations with BMI, waist circumference, and percentage body fat in 0.5 million adults: the China Kadoorie Biobank study. *The American Journal of Clinical Nutrition*, 2013. 97(3): 487-496.
147. Dubrasquet M, Bataille D, & Gespach C. (2006) Oxyntomodulin (glucagon-37 or bioactive enteroglucagon): a potent inhibitor of pentagastrin-stimulated acid secretion in rats. *Biosci Rep.* 2: 391-395.
148. Duclos M, Gatta B, Corcuff JB, Rashedi M, Pehourcq F, Roger. Fat distribution in obese women is associated with subtle alterations of the hypothalamic-pituitary-adrenal axis activity and sensitivity to glucocorticoids. *Clin Endocrinol* 2001. 55: 447-454.
149. Dufresne M, Seva C, Fourmy D. Cholecystokinin and gastrin receptors. *Physiol Rev* 2006. 86: 805-847.
150. Duncan, S. H., Belenguer, A., Holtrop, G., Johnstone, A. M., Flint, H. J., & Lobley, G. E. (2007). Reduced Dietary Intake of Carbohydrates by Obese Subjects Results in Decreased Concentrations of Butyrate and Butyrate-Producing Bacteria in Feces. *Applied and Environmental Microbiology*, 73(4), 1073-1078. <https://doi.org/10.1128/AEM.02340-06>
151. Duncan, S. H., Lobley, G. E., Holtrop, G., Ince, J., Johnstone, A. M., Louis, P., & Flint, H. J. (2008). Human colonic microbiota associated with diet, obesity and weight loss. *International Journal of Obesity*, 32(11), 1720-1724. <https://doi.org/10.1038/ijo.2008.155>
152. Durrington, P. N., Newton, R. S., Weinstein, D. B., & Steinberg, D. (1982). Effects of insulin and glucose on very low density lipoprotein triglyceride

- secretion by cultured rat hepatocytes. *The Journal of Clinical Investigation*, 70(1), 63–73. <https://doi.org/10.1172/jci110604>
153. Duvivier, B. M., Schaper, N. C., Bremers, M. A., van Crombrugge, G., Menheere, P. P., Kars, M., & Savelberg, H. H. (2013). Minimal intensity physical activity (standing and walking) of longer duration improves insulin action and plasma lipids more than shorter periods of moderate to vigorous exercise (cycling) in sedentary subjects when energy expenditure is comparable. *PloS one*, 8(2), e55542.
 154. Eckburg, P. B., Bik, E. M., Bernstein, C. N., Purdom, E., Dethlefsen, L., Sargent, M., ... Relman, D. A. (2005). Diversity of the human intestinal microbial flora. *Science (New York, N.Y.)*, 308(5728), 1635–8. <https://doi.org/10.1126/science.1110591>
 155. Ekelund, U., Ward, H. A., Norat, T., Luan, J. A., May, A. M., Weiderpass, E. & Johnsen, N. F.. Physical activity and all-cause mortality across levels of overall and abdominal adiposity in European men and women: the European Prospective Investigation into Cancer and Nutrition Study (EPIC). *The American Journal of Clinical Nutrition* 2015. 101(3): 613-621.
 156. Eliasson B. Cigarette smoking and diabetes. *Prog Cardiovasc Dis* 2003; 45(5):405-13.
 157. Eriksson J, Forsen T, Tuomilehto J, Osmond C, Barker D. Size at birth, childhood growth and obesity in adult life. *Int J Obes Relat Metab Disord* 2001. 25: 735-740.
 158. Eslick, G. D. (2012). Gastrointestinal symptoms and obesity: a meta-analysis. *Obesity Reviews*, 13(5), 469–479. <https://doi.org/10.1111/j.1467-789X.2011.00969.x>
 159. Esparza, J., Fox, C., Harper, I. T., Bennett, P. H., Schulz, L. O., Valencia, M. E., & Ravussin, E. Daily energy expenditure in Mexican and USA Pima Indians: low physical activity as a possible cause of obesity. *International Journal of Obesity & Related Metabolic Disorders* 2000. 24(1).
 160. Everard A, Cani PD. Diabetes, obesity and gut microbiota. *Best Pract Res Clin Gastroenterol* 2013. 27: 73–83.
 161. Everard A, Lazarevic V, Derrien M, Girard M, Muccioli GG, Neyrinck AM, Possemiers S, Van Holle A, François P, de Vos WM, et al: Responses of Gut

- Microbiota and Glucose and Lipid Metabolism to Prebiotics in Genetic Obese and Diet-Induced Leptin-Resistant Mice. *Diabetes* 2011, 60:2775–2786.
162. Everard A. and P.D. Cani. 2013. Diabetes, obesity and gut microbiota. *Best Pract. Res. Clin. Gastroenterol* 27: 1–3
 163. Everard, A., Belzer, C., Geurts, L., Ouwerkerk, J. P., Druart, C., Bindels, L. B., ... Cani, P. D. (2013). Cross-talk between *Akkermansia muciniphila* and intestinal epithelium controls diet-induced obesity. *Proceedings of the National Academy of Sciences of the United States of America*, 110(22), 9066–71. <https://doi.org/10.1073/pnas.1219451110>
 164. Expert Panel on Detection Evaluation and Treatment of High Blood Cholesterol in Adults. (2001). Executive summary of the third report of the national cholesterol education program Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). *Jama*, 285(19), 2486–2497. <https://doi.org/10.1001/jama.285.19.2486>
 165. F. Bäckhed, J. K. Manchester, C. F. Semenkovich, And J. I. Gordon, “Mechanisms Underlying The Resistance To Diet-Induced Obesity In Germ-Free Mice,” *Proceedings Of The National Academy Of Sciences Of The United States Of America*, Vol. 104, No. 3, Pp. 979–984, 2007.
 166. Fall C. Non-industrialized countries and affluence. *British Med Bull* 2001. 60: 33-50.
 167. Fallingborg J. Intraluminal pH of the human gastrointestinal tract. *Dan Med Bull* 1999. 46: 183–96
 168. Family, N., & Survey, H. (2005). *Gujarat National Family Health*. [https://doi.org/10.1016/S0140-6736\(05\)17806-4](https://doi.org/10.1016/S0140-6736(05)17806-4)
 169. FAO. (2001). Probiotics in food. Food and Nutrition Paper, 85, 71. <https://doi.org/10.1201/9781420009613.ch16>
 170. FAO/WHO 2001. Expert Consultation. Report of a joint FAO/WHO Expert Consultation. Health and nutritional properties of probiotics in food including powder milk and live lactic acid bacteria, Ref Type: Report, (ftp://ftp.fao.org/es/esn/food/probio_report_en.pdf).

171. FAO/WHO 2002. Guidelines for the evaluation of probiotics in food. Report of a joint FAO/WHO working group on drafting guidelines for the evaluation of probiotics in food. London ON, Canada.
172. FAO/WHO. Expert Consultation report, on Evaluation of Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria. Argentina 2001. 1-34.
173. Femia AP, Salvadori M, Broekaert WF, Francois IEJA, Delcour JA et al. Arabinoxylan-oligosaccharides (AXOS) reduce preneoplastic lesions in the colon of rats treated with 1,2- dimethylhydrazine (DMH). *Eur J Nutr* 2010. 49: 127-132.
174. Feneberg, A., & Malfertheiner, P. (2012). Epidemic trends of obesity with impact on metabolism and digestive diseases. *Digestive Diseases (Basel, Switzerland)*, 30(2), 143-7. <https://doi.org/10.1159/000336660>
175. Fernandes, J., Su, W., Rahat-Rozenbloom, S., Wolever, T. M. S., & Comelli, E. M. (2014). Adiposity, gut microbiota and faecal short chain fatty acids are linked in adult humans. *Nutrition & Diabetes*, 4(6), e121. <https://doi.org/10.1038/nutd.2014.23>
176. Ferrannini, E., Rosenbaum, M., & Leibel, R. L. The threshold shift paradigm of obesity: evidence from surgically induced weight loss. *The American Journal of Clinical Nutrition* 2014. 100(4): 996-1002.
177. Ferrer, M., Ruiz, A., Lanza, F., Haange, S.-B., Oberbach, A., Till, H., ... Suarez, A. (2013). Microbiota from the distal guts of lean and obese adolescents exhibit partial functional redundancy besides clear differences in community structure. *Environmental Microbiology*, 15(1), 211-26. <https://doi.org/10.1111/j.1462-2920.2012.02845.x>
178. Filla Rosaneli, C., Auler, F., Barreto Manfrinato, C., Filla Rosaneli, C., Sganzerla, C., Gimenes Bonatto, M., ... Faria-Neto, J. R. (2012). Evaluation of the prevalence and nutritional and social determinants of overweight in a population of schoolchildren: a cross-sectional analysis of 5,037 children. *Revista Da Associação Médica Brasileira (English Edition)*, 58(4), 472-476. [https://doi.org/10.1016/S2255-4823\(12\)70231-X](https://doi.org/10.1016/S2255-4823(12)70231-X)
179. Finucane, M. M., Sharpton, T. J., Laurent, T. J., Pollard, K. S., & Zafar, N. (2014). A Taxonomic Signature of Obesity in the Microbiome? Getting to the

- Guts of the Matter. PLoS ONE, 9(1), e84689.
<https://doi.org/10.1371/journal.pone.0084689>
180. Flamm, G., Glinsmann, W., Kritchevsky, D., Prosky, L., & Roberfroid, M. (2001). Inulin and oligofructose as dietary fiber: a review of the evidence. *Critical Reviews in Food Science and Nutrition*, 41(5), 353–362.
<https://doi.org/10.1080/20014091091841>
 181. Forrester, J. S., Diamond, G., Chatterjee, K., & Swan, H. J. C. (1976). Medical Therapy of Acute Myocardial Infarction by Application of Hemodynamic Subsets. *New England Journal of Medicine*, 295(24), 1356–1362.
<https://doi.org/10.1056/NEJM197612092952406>
 182. Fossati, P., & Prencipe, L. (1982). Serum triglycerides determined colorimetrically with an enzyme that produces hydrogen peroxide. *Clinical Chemistry*, 28(10), 2077–80. Retrieved from
<http://www.ncbi.nlm.nih.gov/pubmed/6812986>
 183. Fox CS, Heard-Costa N, Cupples LA, Dupuis J, Vasan RS, Atwood L. Genome-wide association to body mass index and waist circumference: the Framingham Heart Study 100K project. *BMC Med Genet* 8 2007. Suppl 1: S18.
 184. Freitas Folly GA, Neiva da Silva E, Verner FA, Silva FC and Pinheiro Volp CA. Acceptance of handmade products containing nuts and fructooligosaccharides. *Nutricion Hospitalaria* 2013. 28(1): 86-92
 185. French, M. T., Norton, E. C., Fang, H., & Maclean, J. C. (2010). Alcohol Consumption And Body Weight. *Health Economics*, 19(7), 814–832.
<Http://Doi.Org/10.1002/Hec.1521>
 186. Friedenberg, F. K., Xanthopoulos, M., Foster, G. D., & Richter, J. E. (2008). The Association Between Gastroesophageal Reflux Disease and Obesity. *The American Journal of Gastroenterology*, 103(8), 2111–2122.
<https://doi.org/10.1111/j.1572-0241.2008.01946.x>
 187. Friedman JM, Halaas JL. Leptin and the regulation of body weight in mammals. *Nature* 1998. 395: 763–770.
 188. Furrie E, Mcfarlane S, Kennedy A, Cummings JH, Walsh SV, O’Neil DA et al. Synbiotic therapy initiates resolution of inflammation in patients with active ulcerative colitis: a randomized controlled pilot trial. *Gut* 2005. 54: 242-249.

189. G. Zheng, K. Sayama, T. Okubo, L. R. Juneja, And I. Oguni, "Anti-Obesity Effects Of Three Major Components Of Green Tea, Catechins, Caffeine And Theanine, In Mice," In Vivo, Vol. 18, No. 1, Pp. 55–62, 2004.
190. Gibbs J, Young RC & Smith GP (1973). Cholecystokinin Decreases Food Intake In Rats. *J Comp Physiol Psychol* 84, 488–495
191. Gibson GR and Wang X. Enrichment of bifidobacteria from human gut contents by oligofructose using continuous culture, FEMS. *Microbiology letters* 1994. 118:121
192. Gibson GR, Roberfroid MB (1995) Dietary modulation of the human colonic microbiota: introducing the concept of prebiotics. *J Nutr* 125: 1401-1412.
193. Gibson PR, Moeller I, Kagelari O, Folino M and Young GP. Contrasting effects of butyrate on the expression of phenotypic markers of differentiation in neoplastic and non-neoplastic colonic epithelial cells in vitro. *J Gastroenterol Hepatol* 1992. 7: 165–72
194. Gibson, G. R., Scott, K. P., Rastall, R. A., Tuohy, K. M., Hotchkiss, A., Dubert-Ferrandon, A., ... Buddington, R. (2010). Dietary prebiotics: current status and new definition. *Food Science and Technology Bulletin: Functional Foods*, 7(1), 1–19. <https://doi.org/10.1616/1476-2137.15880>.
195. Golley RK, Magarey AM, Steinbeck KS, Baur LA, Daniels LA. Comparison of metabolic syndrome prevalence using six different definitions in overweight pre-pubertal children enrolled in a weight management study. *Int J Obes* 2006. 30: 853-860.
196. Gonzalez, N. J., Adhikari, K., Sancho-Madriz, & M. F. (2011). Sensory Characteristics Of Peach-Flavoured Yoghurt Drinks Containing Prebiotics And Synbiotics. *LWT - Food Science Technology*, 44(1), 158-163. [Http://Dx.Doi.Org/10.1016/J.Lwt.2010.06.008](http://Dx.Doi.Org/10.1016/J.Lwt.2010.06.008).
197. Goodrich, J. K., Waters, J. L., Poole, A. C., Sutter, J. L., Koren, O., Blekhman, R., ... Ley, R. E. (2014). Human genetics shape the gut microbiome. *Cell*, 159(4), 789–99. <https://doi.org/10.1016/j.cell.2014.09.053>
198. Gordon H. Hypertensive vascular disease. In: Braunwald E, Fauci AS, Kasper DL, Hauser SL, longo DL, Jameson JL, editors. *Harrison's Principles of Internal Medicine*. 15th ed. New York: McGraw; 2000. pp. 141–30.

199. Gordon JL, Hooper LV, McNevin MS, Wong M and Bry L. Epithelial cell growth and differentiation. III. Promoting diversity in the intestine: conversations between the microflora, epithelium, and diffuse GALT. *Am J Physiol* 1997. 273: G565–70
200. Gortmaker SL, Dietz WH, Cheung JW. Inactivity, diet and the fattening of America. *J Am Diet Assoc* 1990. 90: 1247-1252.
201. Grabitske, H.A. Slavin, J.L. Gastrointestinal effects of low-digestible carbohydrates. *Crit. Rev. Food Sci. Nutr.* 2009. 49: 327–360.
202. Griffiths E.A., Duffy L.C., Schanbacher F.L., Qiao H., Dryja D., Leavens A., Rossman J., Rich G., Dirienzo D., Ogra P.L. In vivo effects of bifidobacteria and lactoferrin on gut endotoxin concentration and mucosal immunity in Balb/c mice. *Dig. Dis. Sci.*, 2004, 49 : 579-89.
203. Grill, H. J., & Hayes, M. R. (2012). Hindbrain Neurons As An Essential Hub In The Neuroanatomically Distributed Control Of Energy Balance. *Cell Metabolism*, 16(3), 296–309. [Http://Doi.Org/10.1016/J.Cmet.2012.06.015](http://doi.org/10.1016/j.cmet.2012.06.015)
204. Grochow HW, Sopocinski KA, Barboriak JJ, Scheller JC. Alcohol consumption, nutrient intake and relative body weight among US adults. *Am J Clin Nutr* 1985. 54: 49-55.
205. Guandalini, S., Cernat, E., & Moscoso, D. Prebiotics and probiotics in irritable bowel syndrome and inflammatory bowel disease in children. *Beneficial Microbes* 2014. 6(2): 209-217.
206. Guarner F. The intestinal flora in inflammatory bowel disease: normal or abnormal? *Current Opinion in Gastroenterology* 2005. 21: 414-418.
207. Guiu B, Petit JM, Bonnetain F, Ladoire S, Guiu S, Cercueil JP, Krause D, Hillon P, Borg C, Chauffert B, Ghiringhelli F. Visceral fat area is an independent predictive biomarker of outcome after first-line bevacizumab-based treatment in metastatic colorectal cancer. *Gut* 2010. 59: 341–347.
208. Gumus, A. (2013). The Effect Of Cigarette Smoking On Blood Pressure And Hypertension. *Advances In Bioscience And Clinical Medicine*, 1(1), 6–11. [Https://Doi.Org/10.7575/Aiac.Abcmed.V.1n.1p.6](https://doi.org/10.7575/Aiac.Abcmed.V.1n.1p.6)
209. Gupta NK, Meuller WH, Chan WW, Meininger JC. Is obesity associated with poor sleep quality in adolescents? *Am J Hum Biol* 2002. 14: 762-768.

210. Gupta R. Meta-analysis of prevalence of hypertension in India. *Indian Heart Journal*. 1997; 49:43-48
211. Gurdeep K. (2008). Diet Cal <http://dietcal.in/>
212. Gutzwiller JP, Goke B, Drewe J, Hildebrand P, Ketterer S, Handschin D et al. Glucagon-like peptide-1: a potent regulator of food intake in humans. *Gut* 1999. 44: 81-86.
213. Hager, A., Ryan, L. A. M., Schwab, C., Gaenzle, M. G., O'Doherty, J. V., & Arendt, E. K., "Influence of the soluble fibres inulin and oat beta-glucan on quality of dough and bread", *European Food Research and Technology* (2011), 232(3), 405-413.
214. Hall, K. D., Sacks, G., Chandramohan, D., Chow, C. C., Wang, Y. C., Gortmaker, S. L., & Swinburn, B. A. (2011). Quantification of the effect of energy imbalance on bodyweight. *The Lancet* 2011. 378(9793): 826-837.
215. Hall, M. E., do Carmo, J. M., da Silva, A. A., Juncos, L. A., Wang, Z., & Hall, J. E. Obesity, hypertension, and chronic kidney disease. *Int J Nephrol Renovasc Dis* 2014. 7: 75-88.
216. Hameed S, Dhillon WS, Bloom SR. Gut hormones and appetite control. *Oral Dis* 2009. 15: 18-26.
217. Han TS, Schoutel SAG, Lean MEJ, Seindell JC. The prevalence of low back pain and association with body fatness, fat distribution and height. *Int J Obes* 1997. 21: 600-607.
218. Handa, C., Goomer, S., & Siddhu, A. (2012). Physicochemical properties and sensory evaluation of fructoligosaccharide enriched cookies. *Journal of Food Science and Technology*, 49(2), 192-199. <https://doi.org/10.1007/s13197-011-0277-4>
219. Hara AM and Shanahan F. gut microbiota: mining for therapeutic potential. *Clinical Gastroenterology Hepatology* 2007. 5: 274-284.
220. Harris Harris K, Kassis A, Major G and Chou CJ. Is the gut microbiota a new factor contributing to obesity and its metabolic disorders? *Journal of Obesity* 2012. 10: pp. 1-14.
221. Hayashi T, Boyko EJ, Leonetti DL, McNeely MJ, Newell-Morris L, Kahn SE, Fujimoto WY. Visceral adiposity and the prevalence of hypertension in Japanese Americans. *Circulation* 2003. 108: 1718-1723.

222. Heilbronn, L. K., And Campbell, L. V. (2010). Adipose Tissue Macrophages, Low Grade Inflammation And Insulin Resistance In Human Obesity, *Current Pharmaceutical Design*, 14, 1225–1230.
223. Helgeland L, Vaage JT, Rolstad B, Midtvedt T and Brandtzaeg P. Microbial colonization influences composition and T-cell receptor V beta repertoire of intraepithelial lymphocytes in rat intestine. *Immunology* 1996. 89: 494–501
224. Henkin L, Bergman RN, Bowden DW, Ellsworth DL, Haffner SM, Langefeld CD, Mitchell BD, Norris JM, Rewers M, Saad MF, Stamm E, Wagenknecht LE, Rich Genetic epidemiology of insulin resistance and visceral adiposity. The IRAS Family Study design and methods. *Ann Epidemiol* 2003. 13: 211–217.
225. Herrmann C, Goke R, Richter G, Fehmann HC, Arnold R, Goke B. Glucagon-like peptide-1 and glucose-dependent insulin-releasing polypeptide plasma levels in response to nutrients. *Digestion* 1995. 56: 117–126.
226. Hill MJ. Intestinal flora and endogenous vitamin synthesis. *Eur J Cancer Prev* 1997. 6 (suppl): S43–45
227. Hill, C., Guarner, F., Reid, G., Gibson, G. R., Merenstein, D. J., Pot, B. & Calder, C.. The International Scientific Association for Probiotics and Prebiotics consensus statement on the scope and appropriate use of the term probiotic. *Nat Rev Gastroenterol Hepatol* 2014. 11: 506-514.
228. HiMedia Manual Microbiology and cell culture laboratory practices, HiMedia Labs Pvt. Ltd. 2003. 265-98.
229. Hiraoka J, Ojima T, Nakamura Y, Yanagawa H. A comparative epidemiological study of the effects of the regular exercise on health level. *Journal of Epid* 1998. 8: 15-23.
230. Hofstetter A, Schutz Y, Jequier E, Wahren J. Increased 24-hour energy expenditure in cigarette smokers. *N Engl J Med* 1986; 314(2):79–82.
231. Hon, E. B. B., Mch, G. A. W. M., Michael Horowitz, M. B. B. S., & Max Bellon DipMedTech, A.. Acute effects of oral preloads with increasing energy density on gastric emptying gut hormone release, thermogenesis and energy intake, in overweight and obese men. *Asia Pacific Journal of Clinical Nutrition* 2013. 22(3): 380.

232. Hooper LV, Wong MH, Thelin A, Hansson L, Falk PG, Gordon JI. Molecular analysis of commensal host-microbial relationships in the intestine. *Science* 2001. 291: 881-84
233. Hooper LV, Xu J, Falk PG, Midtvedt T and Gordon JI. A molecular sensor that allows a gut commensal to control its nutrient foundation in a competitive ecosystem. *Proc Natl Acad Sci USA* 1999. 96: 9833-38
234. Houston TK, Person SD, Pletcher MJ, Liu K, Iribarren C, Kiefe CI. Active and passive smoking and development of glucose intolerance among young adults in a prospective cohort: CARDIA study. *BMJ* 2006;332:1064 -9.
235. <http://www.ilsa.org/Europe/Publications/Nutrition%20and%20Immunity.pdf>
236. <http://www.ilsa.org/Europe/Publications/Nutrition%20and%20Immunity.pdf>
237. Huda, M. S. B., Wilding, J. P. H., & Pinkney, J. H. (2006). Gut peptides and the regulation of appetite. *Obesity Reviews*, 7(2), 163-182. <https://doi.org/10.1111/j.1467-789X.2006.00245.x>
238. ILSI Europe (2011) ILSI Europe Concise Monograph on Nutrition and Immunity in Man, 2nd Edition. ILSI Europe, Brussels.
239. Janer C, Rohr LM, Pelaez C, Laloi M, Cleusix V, Requena et al. Hydrolysis of oligofructose by recombinant β -fructosidase from *Bifidobacterium lactis*. *System Applied Microbiology* 2004. 27: 279-285
240. Jayashree B, Bibin YS, Prabhu D, Shanthirani CS, Gokulakrishnan K, Lakshmi BS, Mohan V, Balasubramanyam M. Increased circulatory levels of lipopolysaccharide (LPS) and zonulin signify novel biomarkers of proinflammation in patients with type 2 diabetes. *Molecular and Cellular Biochemistry* 2014 388(1-2): 203-10.
241. Jeffery, R. W., Baxter, J., McGuire, M., & Linde, J. Are fast food restaurants an environmental risk factor for obesity?. *International Journal of Behavioral Nutrition and Physical Activity* 2006. 3(1): 2.
242. Jelliffe, D. B. (1966). The assessment of the nutritional status of the community (with special reference to field surveys in developing regions of the world). Monograph Series. World Health Organization, 53, 3-271. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/4960818>

243. Jennifer L. Causey, B.S. Joellen M. Feirtag, Daniel D. Gallaher, Bryan C. Tungland, B.S. Joanne L. Slavin, (2000), February Effects of dietary inulin on serum lipids, blood glucose and the gastrointestinal environment in hypercholesterolemic men, *Nutrition Research*, 2000;20(2): 191-201.
244. Jiang HQ, Bos NA and Cebra JJ. Timing, localization, and persistence of colonization by segmented filamentous bacteria in the neonatal mouse gut depend on immune status of mothers and pups. *Infect Immun* 2001. 69: 3611-17
245. Johansson, E. V., Nilsson, A. C., Östman, E. M., & Björck, I. M. E. (2013). Effects Of Indigestible Carbohydrates In Barley On Glucose Metabolism, Appetite And Voluntary Food Intake Over 16 H In Healthy Adults. *Nutrition Journal*, 12, 46. [Http://Doi.Org/10.1186/1475-2891-12-46](http://doi.org/10.1186/1475-2891-12-46)
246. Johansson, K., Neovius, M., & Hemmingsson, E.. Effects of anti-obesity drugs, diet, and exercise on weight-loss maintenance after a very-low-calorie diet or low-calorie diet: a systematic review and meta-analysis of randomized controlled trials. *The American journal of clinical nutrition* 2014. 99(1): 14-23.
247. John U, Hanke M, Rumpf HJ, Thyrian JR. Smoking status, cigarettes per day, and their relationship to overweight and obesity among former and current smokers in a national adult general population sample. *Int J Obes Relat Metab Disord* 2005;29:1289 -94.
248. Joshi SR. Metabolic syndrome-emerging clusters of the Indian phenotype. *J Assoc Phys India*. 2003;51:445-446.
249. Jugal Kishore, Neeru Gupta,Charu Kohli,And Neeta Kumar, Prevalence Of Hypertension And Determination Of Its Risk Factors In Rural Delhi, *International Journal Of Hypertension*, Volume 2016 (2016), Article ID 7962595, 6 Pages, [Http://Dx.Doi.Org/10.1155/2016/7962595](http://dx.doi.org/10.1155/2016/7962595)
250. Jung, U., & Choi, M.-S. (2014). Obesity And Its Metabolic Complications: The Role Of Adipokines And The Relationship Between Obesity, Inflammation, Insulin Resistance, Dyslipidemia And Nonalcoholic Fatty Liver Disease. *International Journal Of Molecular Sciences*, 15(4), 6184-6223. [Https://Doi.Org/10.3390/Ijms15046184](https://doi.org/10.3390/Ijms15046184)
251. K. R. Feingold, I. Staprans, R. A. Memon Et Al., "Endotoxin Rapidly Induces Changes In Lipid Metabolism That Produce Hypertriglyceridemia: Low

- Doses Stimulate Hepatic Triglyceride Production While High Doses Inhibit Clearance," *Journal Of Lipid Research*, Vol. 33, No. 12, Pp. 1765–1776, 1992.
252. Kadiri S, Walker O, Salako BL, Akinkugbe O. Blood pressure, hypertension and correlates in urbanized workers in Ibadan, Nigeria: A revisit. *J Hum Hypertens*. 1999;13:23–7. [PubMed: 9928748]
 253. Kang HW, Kim D, Kim HJ, Kim CH, Kim YS, Park MJ, Kim JS, Cho SH, Sung MW, Jung HC, Lee HS, Song IS. Visceral obesity and insulin resistance as risk factors for colorectal adenoma: a cross-sectional, case-control study. *Am J Gastroenterol* 2010. 105: 178–187.
 254. Kapil U, Singh P, Pathak P, Dwivedi SN, Bhasin S. Prevalence of obesity amongst affluent school children in Delhi. *Indian Peadtr* 2002. 39: 449–452.
 255. Karlsson, F., Tremaroli, V., Nielsen, J., & Bäckhed, F. Assessing the human gut microbiota in metabolic diseases. *Diabetes* 2013. 62(10): 3341–3349.
 256. Karpinen S et al. *In vitro* fermentation of polysaccharide of rye, wheat and oat brans and inulin by human fecal bacteria. *Journal of Science Food and Agriculture* 2000. 80: 1469
 257. Karter AJ, D'Agostino RB Jr., Mayer-Davis EJ, Wagenknecht LE, Hanley AJ, Hamman RF, Bergman R, Saad MF, Haffner SM. Abdominal obesity predicts declining insulin sensitivity in non-obese normoglycaemics: the Insulin Resistance Atherosclerosis Study (IRAS). *Diabetes Obes Metab* 2005. 7: 230–238.
 258. Katarina T B. Counterregulation of insulin by leptin as key component of autonomic regulation of body weight. *World J Diabetes* 2014. 5(5): 606–629.
 259. Kathryn E. Ferrier, Michael H. Muhlmann, Jean-Philippe Baguet, James D. Cameron, Garry L. Jennings, Anthony M. Dart, Bronwyn A. Kingwell, (2002) Intensive Cholesterol Reduction Lowers Blood Pressure and Large Artery Stiffness in Isolated Systolic Hypertension, *journal of the American College of Cardiology*, 2002;39: 6.
 260. Katsuda Y, Asano A, Murase Y, Chujo D, Yagi K, Kobayashi J, Mabuchi H, Yamagishi M. Association of genetic variation of the adiponectin gene with body fat distribution and carotid atherosclerosis in Japanese obese subjects. *J Atheroscler Thromb* 2007. 14: 19–26.

261. Katzmarzyk PT, Bray GA, Greenway FL, Johnson WD, Newton RL Jr., Ravussin E, Ryan DH, Bouchard C. Ethnic-specific BMI and waist circumference thresholds. *Obesity* 2011. 19: 1272–1278.
262. Khan, M. J., Gerasimidis, K., Edwards, C. A., & Shaikh, M. G. (2016). Role of Gut Microbiota in the Aetiology of Obesity: Proposed Mechanisms and Review of the Literature. *Journal of Obesity*, 2016, 1–27. <https://doi.org/10.1155/2016/7353642>
263. Kim G. Jackson, Gary R. J. Taylor, Anna M. Clohessy and Christine M. Williams, (1999), The effect of the daily intake of inulin on fasting lipid, insulin and glucose concentrations in middle-aged men and women, , UK British Journal of Nutrition, 1999; 82: 23–30p.
264. Kim Y, Lee S. An association between colonic adenoma and abdominal obesity: a cross-sectional study. *BMC Gastroenterol* 2009. 9: 4.
265. Kim, M.-S., Hwang, S.-S., Park, E.-J., & Bae, J.-W. (2013). Strict vegetarian diet improves the risk factors associated with metabolic diseases by modulating gut microbiota and reducing intestinal inflammation. *Environmental Microbiology Reports*, 5(5), n/a-n/a. <https://doi.org/10.1111/1758-2229.12079>
266. Kissebah, A. H., Alfarsi, S., Adams, P. W., & Wynn, V. (1976). The metabolic fate of plasma lipoproteins in normal subjects and in patients with insulin resistance and endogenous hypertriglyceridaemia. *Diabetologia*, 12(5), 501–509. <https://doi.org/10.1007/BF01219515>
267. Kissileff HR, Pi-Sunyer FX, Thornton J, Smith GP. C-terminal octapeptide of cholecystokinin decreases food intake in man. *Am J Clin Nutr* 1981. 34: 154–160.
268. Klein, S., Wadden, T., & Sugerman, H. J. (2002). AGA technical review on obesity. *Gastroenterology*, 123(3), 882–932. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/12198715>
269. Klok MD, Jakobsdottir S, Drent ML, (2007), The Role Of Leptin And Ghrelin In The Regulation Of Food Intake And Body Weight In Humans: A Review, *Obes Rev.* Jan;8(1):21-34.

270. Knauf C, Cani PD, Kim DH, Iglesias MA, Chabo C, Waget A, et al. Role of central nervous system glucagon-like Peptide-1 receptors in enteric glucose sensing. *Diabetes* 2008. 57: 2603-12.
271. Knauf C, Cani PD, Perrin C, Iglesias MA, Maury JF, Bernard E, et al. Brain glucagon-like peptide-1 increases insulin secretion and muscle insulin resistance to favor hepatic glycogen storage. *J Clin Invest* 2005. 115: 3554-63.
272. Knudsen, N., Laurberg, P., Rasmussen, L. B., Bülow, I., Perrild, H., Ovesen, L., & Jørgensen, T. Small differences in thyroid function may be important for body mass index and the occurrence of obesity in the population. *The Journal of Clinical Endocrinology & Metabolism* 2005. 90(7): 4019-4024.
273. Kojima M, Hosoda H, Date Y, Nakazato M, Matsuo H, Kangawa K. Ghrelin is a growth-hormone-releasing acylated peptide from stomach. *Nature* 1999. 402: 656-660.
274. Kojima, M.; Hosoda, H.; Date, Y.; Nakazato, M.; Matsuo, H.; Kangawa, K. Ghrelin Is A Growth-Hormone-Releasing Acylated Peptide From Stomach. *Nature* 1999, 402, 656-660.
275. Kolbye AC, Blumenthal H, Bowman B, Byrne J, Carr CJ, Kirschman JC, Roberfroid MB and Weinberger MA. Evaluation of the Food Safety Aspects of Inulin and Oligofructose – GRAS Determination. *Orafti internal report*. Orafti, Tienen, Belgium, 1992
276. Kong, L.-C., Tap, J., Aron-Wisnewsky, J., Pelloux, V., Basdevant, A., Bouilliot, J.-L., ... Clement, K. (2013). Gut microbiota after gastric bypass in human obesity: increased richness and associations of bacterial genera with adipose tissue genes. *American Journal of Clinical Nutrition*, 98(1), 16-24. <https://doi.org/10.3945/ajcn.113.058743>
277. Konttinen, H. (2012). Dietary habits and obesity: the role of emotional and cognitive factors. Retrieved from <https://helda.helsinki.fi/bitstream/handle/10138/29437/dietaryh.pdf?sequence=1>
278. Korner, J., & Leibel, R. L. (2003). To Eat or Not to Eat – How the Gut Talks to the Brain. *New England Journal of Medicine*, 349(10), 926-928. <https://doi.org/10.1056/NEJMp038114>

279. Kotronen A, Juurinen L, Hakkarainen A, Westerbacka J, Corner A, Bergholm R, Yki-Jarvinen H. Liver fat is increased in type 2 diabetic patients and underestimated by serum alanine aminotransferase compared with equally obese nondiabetic subjects. *Diabetes Care* 2008. 31: 165–169.
280. Kowalska-Duplaga K. 2003. Probiotics and prebiotics – the need to use or fashion? (in Polish) *Świat Medycyny* 10: 13–19.
281. Krinos CM, Coyne MJ, Weinacht KG, Tzianabos AO, Kasper DL and Comstock LE. Extensive surface diversity of a commensal microorganism by multiple DNA inversions. *Nature* 2001. 414: 555–58
282. Kristel Diepvens, Klaas R. Westerterp, Margriet S. Westerterp-Plantenga, (2007), Obesity And Thermogenesis Related To The Consumption Of Caffeine, Ephedrine, Capsaicin, And Green Tea, *American Journal Of Physiology - Regulatory, Integrative And Comparative Physiology* Jan, 292 (1) R77-R85; DOI:10.1152/Ajpregu.00832.2005.
283. Kujur, A., & Kashyap, V. (2016). To Describe Socio-Demographic Factors Related to Obesity in Rural Adult Population of Namkum Block in Ranchi District, Jharkhand, India. *IOSR Journal of Dental and Medical Sciences* Ver. I, 15, 2279–861. <https://doi.org/10.9790/0853-1508017378>
284. Kyrou I, Tsigos C. Chronic stress, visceral obesity and gonadal dysfunction. *Hormones* 2008. 7: 287–293.
285. Kyrou I, Tsigos C. Stress hormones: physiological stress and regulation of metabolism. *Curr Opin Pharmacol* 2009. 9: 787–793.
286. Laetitia, R., Paul, A., Marinescu, D., Shao, W., & Prakash, S. Effect of probiotics *Lactobacillus* and *Bifidobacterium* on gut-derived lipopolysaccharides and inflammatory cytokines: an in vitro study using a human colonic microbiota model. *Journal of Microbiology and Biotechnology* 2013. 23(4): 518-526.
287. Lairon D, Arnault N, Bertrais S, Planells R, Clero E, Hercberg S, Boutron-Ruault M-C. Dietary Fiber Intake And Risk Factors For Cardiovascular Disease In French Adults. *Am. J. Clin. Nutr.* 2005;82:1185–1194.
288. Langlands SJ, Hopkins MJ, Coleman N and Cummings JH. Prebiotics carbohydrates modify the mucosa associated microflora of the human large bowel. *Gut* 2004. 53: 1601-1616

289. Lavie CJ, Milani RV, Ventura HO. Obesity and Cardiovascular Disease: Risk Factor, Paradox, and Impact of Weight Loss. *J Am Coll Cardiol*. 2009. 53(21): 1925-1932.
290. Le Roux CW, Batterham RL, Aylwin SJ, Patterson M, Borg CM, Wynne KJ et al. Attenuated peptide YY release in obese subjects is associated with reduced satiety. *Endocrinology* 2006. 147: 3-8.
291. Lear SA, Humphries KH, Frohlich JJ, Birmingham C. Appropriateness of current thresholds for obesity-related measures among Aboriginal people. *CMAJ* 2007. 177: 1499-1505.
292. Lear SA, Humphries KH, Kohli S, Chockalingam A, Frohlich JJ, Birmingham CL. Visceral adipose tissue accumulation differs according to ethnic background: results of the Multicultural Community Health Assessment Trial (M-CHAT). *Am J Clin Nutr* 2007. 86: 353-359.
293. Lear SA, James PT, Ko GT, Kumanyika S. Appropriateness of waist circumference and waist-to-hip ratio cutoffs for different ethnic groups. *Eur J Clin Nutr* 2010. 64: 42-61.
294. Lear SA, Kohli S, Bondy GP, Tchernof A, Sniderman AD. Ethnic variation in fat and lean body mass and the association with insulin resistance. *J Clin Endocrinol Metab* 2009. 94: 4696-4702.
295. Lecerf J.M., F. Depeint, E. Clerc, Y. Dugenet, C.N. Niamba, L. Rhazi, A. Cayzeele, G. Abdelnour, A. Jaruga, H. Younes and others. 2012. Xylo-oligosaccharide (XOS) in combination with inulin modulates both the intestinal environment and immune status in healthy subjects, while XOS alone only shows prebiotic properties. *Br. J. Nutr.* 108: 1847-1858.
296. Lee, S., Sung, J., Lee, J., & Ko, G. (2011). Comparison of the Gut Microbiotas of Healthy Adult Twins Living in South Korea and the United States. *Applied and Environmental Microbiology*, 77(20), 7433-7437. <https://doi.org/10.1128/AEM.05490-11>
297. Levitt NS, Lambert EV. The fetal origins of the metabolic syndrome- a South African perspective. *Cardiovasc J S Afr* 2002. 13: 179-180.
298. Lewis, G. F., Uffelman, K. D., Szeto, L. W., & Steiner, G. (1993). Effects of acute hyperinsulinemia on VLDL triglyceride and VLDL apoB production in

- normal weight and obese individuals. *Diabetes*, 42(6), 833–42. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/8495807>
299. Ley, R. E., Bäckhed, F., Turnbaugh, P., Lozupone, C. A., Knight, R. D., & Gordon, J. I. (2005). Obesity alters gut microbial ecology. *Proceedings of the National Academy of Sciences of the United States of America*, 102(31), 11070–5. <https://doi.org/10.1073/pnas.0504978102>
 300. Ley, R. E., Turnbaugh, P. J., Klein, S., & Gordon, J. I. (2006). Microbial ecology: Human gut microbes associated with obesity. *Nature*, 444(7122), 1022–1023. <https://doi.org/10.1038/4441022a>
 301. Ley, S. H., Hamdy, O., Mohan, V., & Hu, F. B.. Prevention and management of type 2 diabetes: dietary components and nutritional strategies. *The Lancet* 2014. 383(9933): 1999-2007.
 302. Li, D., Morris, J. S., Liu, J., Hassan, M. M., Day, R. S., Bondy, M. L., & Abbruzzese, J. L. (2009). Body Mass Index and Risk, Age of Onset, and Survival in Patients With Pancreatic Cancer. *JAMA*, 301(24), 2553. <https://doi.org/10.1001/jama.2009.886>
 303. Liddle RA, Goldfine ID, Rosen MS, Taplitz RA, Williams JA. Cholecystokinin bioactivity in human plasma. Molecular forms, responses to feeding, and relationship to gallbladder contraction. *J Clin Invest* 1985. 75: 1144–1152.
 304. Lied G.A.; Lillestol K.; Lind R.; Valeur J.; Morken M.H.; Vaali K.; Gregersen K.; Florvaag E.; Tangen T.; Berstad A. Perceived food hypersensitivity: A review of 10 years of interdisciplinary research at a reference center. *Scand. J. Gastroenterol.* 2011. 40: 1169–1178.
 305. Lieveise RJ, Jansen JB, Masclee AA, Lamers CB. Satiety effects of a physiological dose of cholecystokinin in humans. *Gut* 1995. 36: 176–179.
 306. Lievin V, Peiffer I, Hudault S, et al. *Bifidobacterium* strains from resident infant human gastrointestinal microflora exert antimicrobial activity. *Gut* 2000. 47: 646–52
 307. Lim, S. S., Vos, T., Flaxman, A. D., Danaei, G., Shibuya, K., Adair-Rohani, H., ... Ezzati, M. (2012). A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010: A systematic analysis for the Global Burden of Disease Study 2010.

- The Lancet, 380(9859), 2224–2260. [https://doi.org/10.1016/S0140-6736\(12\)61766-8](https://doi.org/10.1016/S0140-6736(12)61766-8)
308. Lindsay JO, Whelan K, Stagg AJ, Gobin P, Hassi HO, Rayment N et al. Clinical microbiological and immunological effects of fructooligosaccharide in patients with crohn's disease. *Gut* 2006. 55: 348-355.
309. Lissau, I. (2004). Overweight and obesity epidemic among children. Answer from European countries. *International Journal of Obesity and Related Metabolic Disorders : Journal of the International Association for the Study of Obesity*, 28 Suppl 3, S10–S15. <https://doi.org/10.1038/sj.ijo.0802822>
310. Lohman, T. G., Roche, A. F., & Martorell, R. (1988). Anthropometric standardization reference manual. Champaign IL: Human Kinetics Books. Retrieved from <http://www.worldcat.org/title/anthropometric-standardization-reference-manual/oclc/15592588>
311. Longvah, T., Ananthan, R., Bhaskarachary, K., & Venkaiah, K. (2017). Indian Food Composition Tables.
312. Lovegrove JA. CVD risk in South Asians: the importance of defining adiposity and influence of dietary polyunsaturated fat. Symposium on 'Nutrition intervention in high risk groups'. *Proceedings of Nutrition Society* 2006. 66: 286-29.
313. Lumb KJ, DeCarr LB, Milardo LF, Mays MR, Buckholz TM, Fisk SE et al. Novel selective neuropeptide Y2 receptor PEGylated peptide agonists reduce food intake and body weight in mice. *J Med Chem* 2007. 50: 2264–2268.
314. Macfarlane GT, Gibson GR and Cummings JH. Comparison of fermentation reactions in different regions of the human colon. *Appl Bacteriol* 1992. 72: 57–64
315. Macfarlane, S., Macfarlane, G. T., & Cummings, J. H. (2006, September 1). Review article: Prebiotics in the gastrointestinal tract. *Alimentary Pharmacology and Therapeutics*. <https://doi.org/10.1111/j.1365-2036.2006.03042.x>
316. Maffeis C, Zaffanello M, Schutz Y. Relationship between physical inactivity and adiposity in prepubertal boys. *J Pediatr* 1997. 131: 288-292.

317. Mahendra A. & Sheth M. Feasibility and acceptability of fructooligosaccharide substituted popular Indian foods. *Nutrition & Food Science* 2013. 43(3): 204-212.
318. Mahendra, A. (2015). Acceptability trials of fructooligosaccharide FOS substituted food products and impact evaluation of FOS supplementation in type 2 diabetic adults in terms of their glycemia gut incretin GLP 1 and gut microbiota.
319. Malaisse-Lagae F, Carpentier JL, Patel YC, Malaisse WJ, Orci L. Pancreatic polypeptide: a possible role in the regulation of food intake in the mouse. Hypothesis. *Experientia* 1977. 33: 915-917.
320. Malhotra A, White DP. Obstructive sleep apnoea. *Lancet* 2002. 360: 237-245.
321. Manichanch C, Rigottier GL, Bonnaud E, Gloux K, Pelletier E, Frangeul L, Nalin R et al. Reduced diversity of fecal microbiota in Crohn's disease revealed by a metagenomic approach. *Gut* 2006. 55: 205-211.
322. Martin CK, Redman LM, Zhang J, Sanchez M, Anderson CM, Smith SR, Ravussin E. Lorcaserin, a 5-HT(2C) receptor agonist, reduces body weight by decreasing energy intake without influencing energy expenditure. *J Clin Endocrinol Metab* 2011. 96: 837-845.
323. Martin FP, Sprenger N, Yap IK et al. Panorganismal gut microbiome host metabolic crosstalk. *J Proteome Res* 2009. 8: 2090-2105.
324. Matson CA, Reid DF, Cannon TA, Ritter RC. Cholecystokinin and leptin act synergistically to reduce body weight. *Am J Physiol Regul Integr Comp Physiol* 2000. 278: R882-R890.
325. Mayén, A. L., Marques-Vidal, P., Paccaud, F., Bovet, P., & Stringhini, S. (2014). Socioeconomic determinants of dietary patterns in low-and middle-income countries: a systematic review. *The American Journal of Clinical Nutrition*, ajcn-089029.
326. McDonald S. D., Han Z., Mulla S., & Beyene, J. Overweight and obesity in mothers and risk of preterm birth and low birth weight infants: systematic review and meta-analyses. *Bmj* 2010. 341: c3428.
327. McTigue KM, Garrett JM, Popkin BM. The natural history of the development of obesity in a cohort of young U.S. adults between 1981 and 1998. *Ann Intern Med* 2002. 136: 857-864.

328. Membrez, M., Blancher, F., Jaquet, M., Bibiloni, R., Cani, P. D., Burcelin, R. G., ... Chou, C. J. (2008). Gut microbiota modulation with norfloxacin and ampicillin enhances glucose tolerance in mice. *The FASEB Journal : Official Publication of the Federation of American Societies for Experimental Biology*, 22, 2416–2426. <https://doi.org/10.1096/fj.07-102723>
329. Mendlik K, Albrecht JE, Schnepf M. Effects of Fructooligofructoses Chain Length on the *Bifidobacteria* of the Human Colon: A Pilot Study. *Food and Nutrition Sciences* 2012. 3: 1615-1618.
330. Midha, T., Krishna, V., Shukla, R., Katiyar, P., Kaur, S., Martolia, D. S., ... Rao, Y. K. (2015). Correlation Between Hypertension And Hyperglycemia Among Young Adults In India. *World Journal Of Clinical Cases : WJCC*, 3(2), 171–179. <Http://Doi.Org/10.12998/Wjcc.V3.I2.171>
331. Mietlicki-Baase, E. G., & Hayes, M. R. (2015). Gut Hormones and Obesity.
332. Milic, S., & Štimac, D. (2012). Nonalcoholic Fatty Liver Disease/Steatohepatitis: Epidemiology, Pathogenesis, Clinical Presentation and Treatment. *Digestive Diseases*, 30(2), 158–162. <https://doi.org/10.1159/000336669>
333. Miller, C. T., Fraser, S. F., Levinger, I., Straznicky, N. E., Dixon, J. B., Reynolds, J., & Selig, S. E. (2013). The effects of exercise training in addition to energy restriction on functional capacities and body composition in obese adults during weight loss: a systematic review. *PLoS One*, 8(11), e81692.
334. Miller, M., Stone, N. J., Ballantyne, C., Bittner, V., Criqui, M. H., Ginsberg, H. N., ... Pennathur, S. (2011). Triglycerides and cardiovascular disease: A scientific statement from the American Heart Association. *Circulation*, 123(20), 2292–2333. <https://doi.org/10.1161/CIR.0b013e3182160726>
335. Million, M., Angelakis, E., Maraninchi, M., Henry, M., Giorgi, R., Valero, R., ... Raoult, D. (2013). Correlation between body mass index and gut concentrations of *Lactobacillus reuteri*, *Bifidobacterium animalis*, *Methanobrevibacter smithii* and *Escherichia coli*. *International Journal of Obesity*, 37(11), 1460–1466. <https://doi.org/10.1038/ijo.2013.20>
336. Million, M., Lagier, J. C., Yahav, D., & Paul, M.. Gut bacterial microbiota and obesity. *Clinical Microbiology and Infection* 2013. 19(4): 305-313.

337. Mini K. Sheth and Neha Gupta, (2014), metabolic effect of FOS (fructooligosaccharide) in terms of gut incretin (glp-1) gut microflora and weight reduction in obese adults, IJABT, vol.5 issue 3, 256-254p.
338. Mini. S., Assudani. A. Newer strategy to combat obesity amongst the bank employees of urban vadodara- insights into its mechanism. World Journal of Pharmceui and Pharma Sc 2015. 4(2): 658-672.
339. Misra A, Khurana L, Isharwal S and Bharadwaj S. South Asians diets and Insulin resistance. British Journal of Nutrition 2008. 1-9.
340. Misra A, Khurana L. The metabolic syndrome in South Asians: epidemiology, determinants, and prevention. Metab Syndr Relat Disord 2009. 7: 497-514.
341. Misra A, Vikram NK, Arya S, Pandey RM, Dhingra V, Chatterjee A, Dwivedi M, Sharma R, Luthra K, Guleria R, Talwar KK. High prevalence of insulin resistance in post pubertal Asian Indian children is associated with adverse truncal body fat patterning, abdominal adiposity and excess body fat. Int J Obes 2004. 28: 1217-1226.
342. Misra A, Vikram NK. Insulin resistance syndrome (metabolic syndrome) and obesity in Asian Indians: evidence and implications. Nutrition 2004;20(5):482-91.
343. Misra A. Bhardwaj S., Obesity And The Metabolic Syndrome In Developing Countries: Focus On South Asians, International Nutrition: Achieving Millennium Goals And Beyond. Nestlé Nutr Inst Workshop Ser. Nestec Ltd. Vevey/S. Karger AG Basel, © 2014, Vol 78, Pp 133-140.
344. Misra, A., & Khurana, L. (2008, November). Obesity and the metabolic syndrome in developing countries. Journal of Clinical Endocrinology and Metabolism. <https://doi.org/10.1210/jc.2008-1595>
345. Misra, A., & Shrivastava, U. (2013). Obesity And Dyslipidemia In South Asians. *Nutrients*, 5(7), 2708-2733. [Http://Doi.Org/10.3390/Nu5072708](http://doi.org/10.3390/Nu5072708)
346. Misra, A., Chowbey, P., Makkar, B. M., Vikram, N. K., Wasir, J. S., Chadha, D., ... Munjal, Y. P. (2009). Consensus statement for diagnosis of obesity, abdominal obesity and the metabolic syndrome for Asian Indians and recommendations for physical activity, medical and surgical management. Journal of Association of Physicians of India, 57(2). Retrieved from http://www.japi.org/february_2009/R-1.html

347. Mitaka C: Clinical Laboratory Differentiation Of Infectious Versus Noninfectious Systemic Inflammatory Response Syndrome. *Clin Chim Acta* 351:17-29, 2005.
348. Miyazawa E, Iwabuchi A and Yoshida T. Phytate breakdown and apparent absorption of phosphorus, calcium and magnesium in germfree and conventionalized rats. *Nutr Res* 1996. 16: 603-13
349. Moayeri H, Bidad K, Aghamohammadi A, Rabbani A, Anari S, Nazemi L, Gholami N, Zadhoush S, Hatmi ZN. Overweight and obesity and their associated factors in adolescents in Tehran, Iran 2004-2005. *Eur J Pediatr* 2006. 165: 489-493.
350. Mohan, V., & Deepa, R. (2006). Obesity and abdominal obesity in Asian Indians. *The Indian Journal of Medical Research*, 123(5), 593-6. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/16873902>
351. MOHFW. (2016). Ministry of Health and Family Welfare. Retrieved April 6, 2017, from http://rchiips.org/NFHS/pdf/NFHS4/GJ_FactSheet.pdf
352. Molis C, Flourié B, Ouarne F, Gailing MF, Lartigue S, Guibert A, Bornet F, Galmiche JP,(1996) "Digestion, Excretion, And Energy Value Of Fructooligosaccharides In Healthy Humans." *Am J Clin Nutr.* Sep; 64(3):324-8.
353. Momin Mohmmedirfan H, Desai Vikas K, Kavishwar Abhay B Year : 2012, Study Of Socio-Demographic Factors Affecting Prevalence Of Hypertension Among Bank Employees Of Surat City | Volume: 56 | Issue Number: 1 | Page: 44-48
354. Montague CT, Farooqi IS, Whitehead JP, Soos MA, Rau H, Wareham NJ et al. Congenital leptin deficiency is associated with severe early-onset obesity in humans. *Nature* 1997. 387: 903-908.
355. Monteiro PO, Victora CG, Barros FC, Monteiro LM. Birth size, early childhood growth and adolescent obesity in Brazilian birth cohort. *Int J Obes Relat Metab Disord* 2003. 27: 1274-1282.
356. Moon, M. K., Hong, E. S., Lim, J. A., Cho, S. W., Soo, L., Choi, S. H. & Jang, H. C.. Associations between thyroid hormone levels and regional fat accumulation in euthyroid men. *European Journal of Endocrinology* 2013, 168(6): 805-810.

357. Morais, E. C., Morais, A. R., Cruz, A. G., & Bolini, H. M. A. (2014). Development Of Chocolate Dairy Dessert With Addition Of Prebiotics And Replacement Of Sucrose With Different High-Intensity Sweeteners. *Journal Of Dairy Science*, 97(5), 2600-2609
358. Moran TH. Gut Peptide Signaling In The Controls Of Food Intake. *Obesity (Silver Spring)* 2006;14(Suppl 5):250S-253S.
359. Moran, C. P., & Shanahan, F. Gut microbiota and obesity: role in aetiology and potential therapeutic target. *Best practice & research. Clinical Gastroenterology* 2014. 28(4): 585-597.
360. Morland, K., Roux, A. V. D., & Wing, S. Supermarkets, other food stores, and obesity: the atherosclerosis risk in communities study. *American Journal of Preventive Medicine* 2006. 30(4): 333-339.
361. Morris, C., & Morris, G. A. (2012). The effect of inulin and fructo-oligosaccharide supplementation on the textural, rheological and sensory properties of bread and their role in weight management: A review. *Food Chemistry*, 133(2), 237-248. <https://doi.org/10.1016/j.foodchem.2012.01.027>
362. Morrison JA, Glueck CJ, Horn PS, Schreiber GB, Wang P. Pre-teen insulin resistance predicts weight gain, impaired fasting glucose, and type 2 diabetes at age 18-19 y: a 10-y prospective study of black and white girls. *Am J Clin Nutr* 2008. 88: 778-788.
363. Morton, G. J., Cummings, D. E., Baskin, D. G., Barsh, G. S., & Schwartz, M. W.. Central nervous system control of food intake and body weight. *Nature* 2006. 443(7109): 289-295.
364. Moshfegh AJ, Friday JE, Goldman JP, Chug Ahuga JK. Presence of inulin and oligofructose in the diets of Americans. *J Nutr*. 1999. 129: Suppl 7S: 1407S-11S
365. Mottillo S, Filion KB, Genest J, Joseph L, Pilote L, Poirier P, Rinfret S, Schiffrin EL, Eisenberg MJ. The metabolic syndrome and cardiovascular risk a systematic review and meta-analysis. *J Am Coll Cardiol* 2010. 56: 1113-1132.
366. Mottin CC, Canani S, Chatkin J.. Obesity and obstructive sleep apnea-hypopnea syndrome: the impact of bariatric surgery. *Obes Surg* 2007. 17: 95-99.
367. Muñoz-Pareja, M., Guallar-Castillón, P., Mesas, A. E., López-García, E., & Rodríguez-Artalejo, F. (2013). Obesity-related eating behaviors are associated

- with higher food energy density and higher consumption of sugary and alcoholic beverages: a cross-sectional study. *PloS one*, 8(10), e77137.
368. Murphy KG, Bloom SR. Gut hormones in the control of appetite. *Exp Physiol* 2004. 89: 507–516.
 369. Mussig K, Staiger H, Machicao F, Thamer C, Machann J, Schick F, Claussen CD, Stefan N, Fritsche A, Haring HU. RARRES2, encoding the novel adipokine chemerin, is a genetic determinant of disproportionate regional body fat distribution: a comparative magnetic resonance imaging study. *Metabolism* 2009. 58: 519–524.
 370. Muth, N. D. (2009). What Are the Guidelines for Percentage of Body Fat Loss? Retrieved April 8, 2017, from <https://www.acefitness.org/acefit/healthy-living-article/60/112/what-are-the-guidelines-for-percentage-of-body-fat>
 371. Nakamura Y, Natsume M, Yasuda A, Ishizaka M, Kawahata K, Koga J. Fructooligosaccharides suppress high-fat diet-induced fat accumulation in C57BL/6J mice *Biofactors*. 2011 Jun 14. doi: 10.1002/biof.147.
 372. Narinder kaur and Anil K gupta, Applications of inulin and oligofructose in health and nutrition”, *J. Biosci.* (2002), Vol. 27, No. 7, 703–714.
 373. National Heart Lung and Blood Institute, & National Institutes of Health (NIH) National Heart, Lung, and Blood Institute, N. (1998). Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. The Evidence Report, NIH Publication No. 98-4083. WMJ official publication of the State Medical Society of Wisconsin (Vol. 158). <https://doi.org/10.1001/jama.2012.39>
 374. Neary MT, Batterham RL. Gut hormones: implications for the treatment of obesity. *Pharmacol Ther* 2009. 124: 44–56.
 375. Nelsen, E. M., Kirihaara, Y., Takahashi, N., Shi, Q., Lewis, J. T., Namasivayam, V., ... Prasad, G. A. (2012). Distribution of Body Fat and Its Influence on Esophageal Inflammation and Dysplasia in Patients With Barrett’s Esophagus. *Clinical Gastroenterology and Hepatology*, 10(7), 728–734. <https://doi.org/10.1016/j.cgh.2012.03.007>
 376. Nelson, K. E., Peterson, J. L., & Garges, S. (2011). Metagenomics of the human body. *Metagenomics of the Human Body*, 1–351. <https://doi.org/10.1007/978-1-4419-7089-3>

377. Neosugar research group, Second Technical Report on Neosugar. 1984
378. Nestle M. Increasing portion sizes in American diets: More calories, more obesity. *J Am Diet Assoc* 2003; 103: 39-40.
379. Nettleton, J. A., Steffen, L. M., Mayer-Davis, E. J., Jenny, N. S., Jiang, R., Herrington, D. M., & Jacobs, D. R.. Dietary patterns are associated with biochemical markers of inflammation and endothelial activation in the Multi-Ethnic Study of Atherosclerosis (MESA). *The American Journal of Clinical Nutrition* 2006. 83(6): 1369-1379.
380. Neves, A. L., Coelho, J., Couto, L., Leite-Moreira, A., & Roncon-Albuquerque, R.. Metabolic endotoxemia: a molecular link between obesity and cardiovascular risk. *Journal of Molecular Endocrinology* 2013. 51(2): R51-R64.
381. Neyrinck AM, Possemiers S, Druart C, Van de Wiele T, De Backer F, Cani PD, L arondelle Y, Delzenne NM. Prebiotic effects of wheat arabinoxylan related to the increase in bifidobacteria, Roseburia and Bacteroides/Prevotella in diet-in duced obese mice. *PLoS One*. 2011.
382. Nguyen NT, Magno CP, Lane KT, Hinojosa MW, Lane JS. Association of hypertension, diabetes, dyslipidemia, and metabolic syndrome with obesity: Findings from the national health and nutrition examination survey, 1999 to 2004. *J Am Coll Surg*. 2008;207:928-34. [PubMed: 19183541]
383. NIH. (2014). What Causes Overweight and Obesity? -. NHLBI, NIH, U.S. Department of Health & Human Services. Retrieved from http://www.searo.who.int/entity/noncommunicable_diseases/media/non_communicable_diseases_obesity_fs.pdf?ua=1
384. Nilsson U and Bjorck I. Availability of cereal fructans and inulin in the rat intestinal tract. *Carbohydrate and Fiber* 1988. 2(4): 1482-1486.
385. Nilsson U, Oste R, Jagerstan M and Birkhed D. Cereal Fructans: In vitro and in vivo studies on availability in rats and humans. *J Nutr* 1988. 118: 1325-1330.
386. Nina Schweinfurth, Marc Walter, Stefan Borgwardt, Undine E., (2016), Depression And Obesity, DOI10.1007/978-3-319-19821-7_18
387. Nitori N, Hasegawa H, Ishii Y, Endo T, Kitagawa Y. Impact of visceral obesity on short-term outcome after laparoscopic surgery for colorectal cancer: a single Japanese center study. *Surg Laparosc Endosc Percutan Tech* 2009. 19: 324-327.

388. Norris JM, Langefeld CD, Talbert ME, Wing MR, Haritunians T, Fingerlin TE, Hanley AJ, Ziegler JT, Taylor KD, Haffner SM, Chen YD, Bowden DW, Wagenknecht LE. Genome-wide association study and follow-up analysis of adiposity traits in Hispanic Americans: the IRAS Family Study. *Obesity* 2009. 17: 1932-1941.
389. Nova E, Viadel B, Wärnberg J, et al. Beneficial effects of a synbiotic supplement on self-perceived gastrointestinal well-being and immunoinflammatory status of healthy adults. *J Med Food*. 2011 Jan-Feb;14(1-2):79-85.
390. Nozue M, Miyoshi M, Okumura J, Sanchez H, Andreu J, Kuroiwa C.. Prevalence and determinants of obesity and dietary habits among adults in rural area, Chile. *Biosci Trends* 2007. 1(3): 140-8.
391. O'Brien, C. M., Mueller, A., Scannell, A. G. M., & Arendt, E. K., "Evaluation of the effects of fat replacers on the quality of wheat bread", *Journal of Food Engineering* (2003), 56(2-3), 265-267.
392. Okabayashi, K., Ashrafian, H., Hasegawa, H., Yoo, J.-H., Patel, V. M., Harling, L., ... Athanasiou, T. (2012). Body mass index category as a risk factor for colorectal adenomas: a systematic review and meta-analysis. *The American Journal of Gastroenterology*, 107(8), 1175-85; quiz 1186. <https://doi.org/10.1038/ajg.2012.180>
393. Oku T, Tokunaga T and Hosoya N. Non-digestibility of a new sweetener, "Neosugar," in the rat. *Journal of Nutrition* 1984. 114: 1574-1581.
394. Olefsky JM, Glass CK. Macrophages, inflammation, and insulin resistance. *Annu Rev Physiol* 2010. 72: 219-246.
395. Oner N, Vatansecer U, Sari A, Ekukhi G, Giizel A, Karasaliholei S, Boris NW. Prevalence of underweight, overweight and obesity in Turkish adolescents. *Swiss Med Wkly* 2004. 134: 529-533.
396. Org, E., Parks, B. W., Joo, J. W. J., Emert, B., Schwartzman, W., Kang, E. Y., ... Lusi, A. J. (2015). Genetic and environmental control of host-gut microbiota interactions. *Genome Research*, 25(10), 1558-69. <https://doi.org/10.1101/gr.194118.115>

397. Organization, W. H. (2000). The Asia-Pacific perspective: redefining obesity and its treatment. Geneva, Switzerland: World Health Organization. <https://doi.org/0-9577082-1-1>
398. O'Sullivan, M. (2001). Contests for corporate control: Corporate governance and economic performance in the United States and Germany. *OUP Catalogue*.
399. Ott SJ, Musfeldt M, Wenderoth DF, Hampe J, Brant O, Folsch UR et al. Reduction in diversity of the colonic mucosa associated bacterial microflora in patients with active inflammatory bowel disease. *Gut* 2004. 53: 685-693.
400. Ozanne SE, Hales CN. Early programming of glucose-insulin metabolism. *Trends Endocrinol Metab* 2002. 13: 368-373
401. Pampel, F. C., Denney, J. T., & Krueger, P. M.. Obesity, SES, and economic development: a test of the reversal hypothesis. *Social Science & Medicine* 2012. 74(7): 1073-1081.
402. Parekh, P. J., Arusi, E., Vinik, A. I., & Johnson, D. A.. The role and influence of gut microbiota in pathogenesis and management of obesity and metabolic syndrome. *Front Endocrinol (Lausanne)* 2014. 5: 47.
403. Parnami S and Sheth M. (2011). Indian Fermented Milk (Dahi) Fortified with Probiotic Bacteria and Inulin Improves Serum Lipid, Blood Glucose Levels and Gut Microflora. *Journal of the Indian Academy of Geriatrics*. 2011; 7:1-5.
404. Parnell JA, et al. Weight loss during oligofructose supplementation is associated with decreased grehlin and increased peptide YY in overweight and obese adults. *Am J Clin Nutr*. Jun2009;89(6):1751-1759
405. Pasma, W.; Wils, D.; Saniez, M.H.; Kardinaal, A.F. Long-term gastrointestinal tolerance of NUTRIOSE FB in healthy men. *Eur. J. Clin. Nutr*. 2006. 60: 1024- 1034.
406. Pasquali R, Vicennati V. Activity of the hypothalamic-pituitary-adrenal axis in different obesity phenotypes. *Int J Obes Relat Metab Disord* 2000. 24 Suppl 2: S47-49.
407. Pausova Z, Abrahamowicz M, Mahboubi A, Syme C, Leonard GT, Perron M, Richer L, Veillette S, Gaudet D, Paus T. Functional variation in the androgen-receptor gene is associated with visceral adiposity and blood pressure in male adolescents. *Hypertension* 2010. 55: 706-714.

408. Paz-Filho GJ, Volaco A, Suplicy HL, Radominski RB, Boguszewski CL. Decrease in leptin production by the adipose tissue in obesity associated with severe metabolic syndrome. *Arq Bras Endocrinol Metabol* 2009. 53: 1088–1095.
409. Pecora P, Suraci C, Antonelli M, De Maria S, Marrocco W (1981), "Constipation And Obesity: A Statistical Analysis" *Boll Soc Ital Biol Sper.* Dec 15;57(23):2384-8.
410. Peeke PM, Chrousos GP. Hypercortisolism and obesity. *Ann NY Acad Sci* 1995. 771: 665–676.
411. Peeters A, Beckers S, Mertens I, Van Hul W, Van Gaal L. The G1422A variant of the cannabinoid receptor gene (CNR1) is associated with abdominal adiposity in obese men. *Endocrine* 2007. 31: 138–141.
412. Penders, J., Thijs, C., Vink, C., Stelma, F. F., Snijders, B., Kummeling, I., ... Stobberingh, E. E. (2006). Factors Influencing the Composition of the Intestinal Microbiota in Early Infancy. *PEDIATRICS*, 118(2), 511–521. <https://doi.org/10.1542/peds.2005-2824>
413. Pereira, M. A. The possible role of sugar-sweetened beverages in obesity etiology: a review of the evidence. *International Journal of Obesity* 2006. 30: S28-S36.
414. Pereira, S.S. & Alvarez-Leite, J.I. *Curr Obes Rep* (2014) 3: 422. Doi:10.1007/S13679-014-0124-9
415. Pérez-Escamilla, R., Obbagy, J. E., Altman, J. M., Essery, E. V., McGrane, M. M., Wong, Y. P., ... Williams, C. L. (2012). Dietary Energy Density and Body Weight in Adults and Children: A Systematic Review. *Journal of the Academy of Nutrition and Dietetics*, 112(5), 671–684. <https://doi.org/10.1016/j.jand.2012.01.020>
416. Pérusse L, Rankinen T, Zuberi A, Chagnon YC, Weisnagel SJ, Argyropoulos G, Walts B, Snyder EE, Bouchard C. The human obesity gene map: the 2004 update. *Obes Res* 2005. 13: 381–490.
417. Pérusse L, Rice T, Chagnon YC, Després JP, Lemieux S, Roy S, Lacaille M, Ho-Kim MA, Chagnon M, Province MA, Rao DC, Bouchard C. A genome-wide scan for abdominal fat assessed by computed tomography in the Quebec Family Study. *Diabetes* 2001. 50: 614–621.

418. Piche T, des Varannes SB, Sacher-Huvelin S, Holst JJ, Cuber JC and Galmiche JP. Colonic fermentation influences lower esophageal sphincter function in gastroesophageal reflux disease. *Gastroenterology* 2003. 124: 894-902.
419. Pischon T, Nothlings U, Boeing. Obesity and cancer. *Proc Nutr Soc* 2008. 67: 128-145.
420. Poinot, P., Arvisenet, G., Grua-Priol, J., Fillonneau, C., Le-Bail, A., and Prost, C. Influence of inulin on bread: Kinetics and physico- chemical indicators of the formation of volatile compounds during baking. *Food Chemistry*, 119(4):1474-1484, 2010.
421. Popkin BM, Urdy JR. Adolescent obesity increases significantly in second and third generation US immigrants: the National Longitudinal Study of Adolescent Health. *J Nutr* 1998. 128: 701-706.
422. Popkin BM. The nutrition transition in low-income countries emerging crises. *Nutr Rev* 1994. 52: 285-298.
423. Popkin BM. Understanding the nutrition transition, Urbanization and Health Newsletter. 1996. 30: 3-19.
424. Popkin, Barry M. and Penny Gordon-Larsen. "The nutrition transition: worldwide obesity dynamics and their determinants." *International Journal of Obesity* 2004. 28: S2-S9.
425. Poti J. M., Duffey K. J., & Popkin B. M.. The association of fast food consumption with poor dietary outcomes and obesity among children: is it the fast food or the remainder of the diet?. *The American Journal of Clinical Nutrition* 2014. 99(1): 162-171.
426. Potter BK, Pederson LL, Chan SS, Aubut JA, Koval JJ. Does a relationship exist between body weight, concerns about weight, and smoking among adolescents? An integration of the literature with an emphasis on gender. *Nicotine Tob Res* 2004; 6(3):397- 425.
427. Pourhoseingholi MA, Kaboli SA, Pourhoseingholi A, Moghimi-Dehkordi B, Safaee A, Mansoori BK, Habibi M, Zali MR, (2009), Obesity And Functional Constipation; A Community-Based Study In Iran. *J Gastrointestin Liver Dis.* Jun;18(2):151-5.
428. Pradeepa, R., Anjana, R. M., Joshi, S. R., Bhansali, A., Deepa, M., Joshi, P. P., ... Das, A. K. (2015). Prevalence of generalized & abdominal obesity in urban

- & rural India- the ICMR-INDIAB study (Phase-I) [ICMR-INDIAB-3]. Indian Journal of Medical Research, 142(AUGUST), 139-150. <https://doi.org/10.4103/0971-5916.164234>
429. Preter V, Hamer H, Windy K and Verbeke K. The impact of pre/probiotics on human colonic metabolism: Does it affect human health. *Mol. Nutr Food Res* 2011. 55: 46-57
 430. PT, K., & I, J. (2004). The economic costs associated with physical inactivity and obesity in Canada: an update. *Canadian Journal of Applied Physiology*, 29(1), 90-115 26p. <https://doi.org/10.1139/h04-008>
 431. Pussinen PJ, Tuomisto K, Jousilahti P, Havulinna AS, Sundvall J, Salomaa V. Endotoxemia, immune response to periodontal pathogens, and systemic inflammation associate with incident cardiovascular disease events. *Arterioscler Thromb Vasc Biol* 2007. 27: 1433-1439.
 432. Qin, J., Li, R., Raes, J., Arumugam, M., Burgdorf, K. S., Manichanh, C., ... Wang, J. (2010). A human gut microbial gene catalogue established by metagenomic sequencing. *Nature*, 464(7285), 59-65. <https://doi.org/10.1038/nature08821>
 433. Ramachandran A. (2010). Rising burden of obesity in Asia. *J Obesity*.
 434. Ramirez-Farias C., K. Slezak, Z. Fuller, A. Duncan, G. Holtrop and P. Louis. 2009. Effect of inulin on the human gut microbiota: stimulation of *Bifidobacterium adolescentis* and *Faecalibacterium prausnitzii*. *Br. J. Nutr.* 101: 541-550.
 435. Rangana, S. Handbook of Analysis and Quality Control for Fruits and Vegetable Products, Tata McGraw-Hill, New Delhi, 1995.
 436. Ranhotra GS, Gelroth JA and Glaser BK. The role of dairy foods containing bifido - and acidophilus bacteria in nutrition and health? *N Cur Dairy J* 1993. 48:80
 437. Ravishankar, A.K., (2012,)Is India Shouldering A Double Burden Of Malnutrition? - *Journal Of Health Management*, Vol - 14(3), Pp 313-328
 438. Rebecca Wall, Paul RR, Fergus S, Eamonn M Q, Timothy GD, John F, Cryan (2012). Influence of gut microbiota and manipulation by probiotics and prebiotics on host tissue fat: Potential clinical implications. *Lipid Technology*, 2012; 24(10): 227-229.

439. Reddy, K. S., Prabhakaran, D., Chaturvedi, V., Jeemon, P., Thankappan, K. R., Ramakrishnan, L., ... Jaisan, T. M. (2006). Methods For Establishing A Surveillance System For Cardiovascular Diseases In Indian Industrial Populations. *Bulletin Of The World Health Organization*, 84(6). <https://doi.org/10.2471/BLT.05.027037>
440. Renehan AG, Tyson M, Egger M, Heller RF, Zwahlen M. Body-mass index and incidence of cancer: a systematic review and meta-analysis of prospective observational studies. *Lancet* 2008. 371: 569–578.
441. Rice T, Chagnon YC, Pérusse L, Borecki IB, Ukkola O, Rankinen T, Gagnon J, Leon AS, Skinner JS, Wilmore JH, Bouchard C, Rao D. A genomewide linkage scan for abdominal subcutaneous and visceral fat in black and white families: The HERITAGE Family Study. *Diabetes* 2002. 51: 848–855.
442. Richer DL, Wilcox S, Greaney ML, Henderson KA, Ainsworth BE. Social, cultural and environmental influences on child activity and eating in Australian migrant communities. *Women's Health* 2002. 36: 91-109.
443. Richmond, W. (1973). Preparation and properties of a cholesterol oxidase from *Nocardia* sp. and its application to the enzymatic assay of total cholesterol in serum. *Clinical Chemistry*, 19(12), 1350–1356. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/4757363>
444. Rietschel ET, Kirikae T, Schade FU, Mamat U, Schmidt G, Loppnow H, Ulmer AJ, Zähringer U, Seydel U, Di Padova F (1994). "Bacterial Endotoxin: Molecular Relationships Of Structure To Activity And Function". *FASEB J.* 8 (2): 217–25. PMID 8119492.
445. Ritter RC. Gastrointestinal Mechanisms Of Satiation For Food. *Physiol Behav.* 2004;81:249–273
446. Roberfroid M, Gibson GR and Delzenne N. The biochemistry of oligofructose, a nondigestible fiber: An approach to calculate its caloric value. *Nutr Rev* 1993. 51: 137-146.
447. Roberfroid M. Fructo-oligosaccharide Malabsorption: Benefit for Gastrointestinal Functions. *Current Opinion in Gastroenterology* 2000. 16(2): 173-177.
448. Roberfroid MB and Slavin J. Nondigestible oligosaccharides. *Crit Rev Food Sci Nutr* 2000. 40: 461–80.

449. Roberfroid MB, Bornet F, Bouley C and Cummings JH. Colonic microflora: nutrition and health: summary and conclusions of an International Life Sciences Institute (ILSI) (Europe)] workshop held in Barcelona, Spain. *Nutr Rev* 1995. 53: 127–30
450. Roberfroid, M. B. (1999). What is beneficial for health? The concept of functional food. *Food and Chemical Toxicology*, 37(9–10), 1039–1041. [https://doi.org/10.1016/S0278-6915\(99\)00080-0](https://doi.org/10.1016/S0278-6915(99)00080-0)
451. Rocha, P. M., Barata, J. T., Minderico, C. S., Silva, A. M., Teixeira, P. J., & Sardinha, L. B. (2011). Visceral abdominal and subfascial femoral adipose tissue have opposite associations with liver fat in overweight and obese premenopausal caucasian women. *Journal of lipids*, 2011.
452. Rodríguez, J. M., Murphy, K., Stanton, C., Ross, R. P., Kober, O. I., Juge, N., ... Collado, M. C. (2015). The composition of the gut microbiota throughout life, with an emphasis on early life. *Microbial Ecology in Health and Disease*, 26, 26050. <https://doi.org/10.3402/mehd.v26.26050>
453. Ronveaux, C. C., Tomé, D., & Raybould, H. E. Glucagon-like peptide 1 interacts with ghrelin and leptin to regulate glucose metabolism and food intake through vagal afferent neuron signaling. *The Journal of Nutrition* 2015. 145(4): 672–680.
454. Rosenbaum, M., & Leibel, R. L. 20 YEARS OF LEPTIN: Role of leptin in energy homeostasis in humans. *Journal of Endocrinology* 2014. 223(1): T83–T96.
455. Ross R, Janssen. Physical activity, total and regional obesity: dose response consideration. *Med Sci Sports Exerc* 2001. 33: S521–S527.
456. Rush, E. ; Plank, L. ; Chandu, V. ; Laulu, M. ; Simmons, D. ; Swinburn, B. ; Yajnik, C. Body Size, Body Composition, And Fat Distribution: A Comparison Of Young New Zealand Men Of European, Pacific Island, And Asian Indian Ethnicities, 2004, *New Zealand Medical Journal* 117 (1207).
457. Rutten EP, Breyer MK, Spruit MA, Hofstra T, Van Melick PP, Schols AM, Wouters EF. Abdominal fat mass contributes to the systemic inflammation in chronic obstructive pulmonary disease. *Clin Nutr* 2010. 29: 756–760.

458. Sabater-Molina M, Larque E, Torrella F, Zamora S. Dietary fructooligosaccharides and potential benefits on health. *J Physiol Biochem* 2009. 65: 315–328.
459. Sabater-Molina M, Larqué E, Torrella F, Zamora S, (2009), Dietary Fructooligosaccharides And Potential Benefits On Health, *J Physiol Biochem*. Sep; 65 (3): 315-28. Doi: 10.1007/BF03180584.
460. Salminen S, Bouley C, Bouton-Ruault MC, et al. Functional food science and gastrointestinal physiology and function. *Br J Nutr* 1998; 80 (suppl): S147–71
461. Samuel BS, Shaito A, Motoike T, Rey FE, Backhed F, Manchester JK, Hammer RE, Williams SC, Crowley J, Yanagisawa M. Effects of the gut microbiota on host adiposity are modulated by the short-chain fatty-acid binding G protein-coupled receptor, Gpr41. *Proc Natl Acad Sci USA*. 2008. 105: 16767-16772.
462. Santacruz, A., Collado, M. C., García-Valdés, L., Segura, M. T., Martín-Lagos, J. A., Anjos, T., ... Sanz, Y. (2010). Gut microbiota composition is associated with body weight, weight gain and biochemical parameters in pregnant women. *British Journal of Nutrition*, 104(1), 83–92. <https://doi.org/10.1017/S0007114510000176>
463. Savini, I., Catani, M. V., Evangelista, D., Gasperi, V., & Avigliano, L. (2013). Obesity-associated oxidative stress: Strategies finalized to improve redox state. *International Journal of Molecular Sciences*, 14(5), 10497–10538. <https://doi.org/10.3390/ijms140510497>
464. Schapira DV, Clark RA, Wolff PA, Jarrett AR, Kumar NB, Aziz NM. Visceral obesity and breast cancer risk. *Cancer* 1994. 74: 632-639.
465. Schubert, M. M., Sabapathy, S., Leveritt, M., & Desbrow, B.. Acute exercise and hormones related to appetite regulation: a meta-analysis. *Sports Medicine* 2014. 44(3): 387-403.
466. Schwieritz, A., Taras, D., Schäfer, K., Beijer, S., Bos, N. A., Donus, C., & Hardt, P. D. (2010). Microbiota and SCFA in Lean and Overweight Healthy Subjects. *Obesity*, 18(1), 190–195. <https://doi.org/10.1038/oby.2009.167>
467. Scott, K. P., Martin, J. C., Duncan, S. H., & Flint, H. J.. Prebiotic stimulation of human colonic butyrate-producing bacteria and bifidobacteria, in vitro. *FEMS Microbiology Ecology* 2014. 87(1): 30-40.

468. Sharma M. School-based interventions from childhood and adolescent obesity. *Obes Rev* 2006. 7: 261-269.
469. Sharma, R. (2012). Kuppaswamy's socioeconomic status scale--revision for 2011 and formWHO. (2012). Global Physical Activity Questionnaire (GPAQ) Analysis Guide. Geneva: World Health Organization, 1-22. [https://doi.org/10.1016/S0140-6736\(12\)60736-3](https://doi.org/10.1016/S0140-6736(12)60736-3). Theula for real-time updat. *Indian Journal of Pediatrics*, 79(7), 961-2. <https://doi.org/10.1007/s12098-011-0679-3>
470. Sheth, M. K., & Gupta, N. (2014). Metabolic Effect of Fos (Fructooligosaccharide) In Terms Of Gut Incretin (Glp-1) Gut Microflora And Weight Reduction In Obese Adults. *International Journal of Applied Biology and Pharmaceutical Technology*, 5(3), 256-264. Retrieved from <http://www.ijabpt.com/pdf/6041-Dr.MiniK.Sheth.pdf>
471. Sheth, M., Thakuria, A., Chand, V., Paban Nath, M., & Professor, A. (2015). Fructooligosaccharide (Fos)-a Smart Strategy To Modulate Inflammatory Marker and Lipid Profile in Non Insulin Dependent Diabetes Mellitus (Niddm) Subjects Residing in Assam, India-a Randomized Control Trial. Sheth et Al. *World Journal of Pharmaceutical Research*, 4(5), 2673-2678.
472. Shetty P. India's diabetes time bomb. *Nature* 2012. 485(7398): S14-S16
473. Shin HS, Lee JH, Pestka JJ and Ustunol Z. Growth and viability of commercial *Bifidobacterium* ass in skim milk containing oligosaccharides and inulin. *Food Microbiology and Safety* 2000. 65(5): 884-887
474. Shinohara K, Ohashi Y, Kawasumi K, Terada A, Fujisawa T (2010) Effect of apple intake on fecal microbiota and metabolites in humans, 2010Oct; 16(5): 510-5. doi: 10.1016/j.anaerobe.2010.03.005. Epub 2010 Mar 19.
475. Shively CA, Register TC, Clarkson T. Social stress, visceral obesity, and coronary artery atherosclerosis in female primates. *Obesity* 2009. 17: 1513-1520.
476. Shively CA, Register TC, Clarkson TB. Social stress, visceral obesity, and coronary artery atherosclerosis: product of a primate adaptation. *Am J Primatol* 2009. 71: 742-751.

477. Siavoshian S, Segain JP, Kornprobst M, et al. Butyrate and trichostatin A effects on the proliferation/ differentiation of human intestinal epithelial cells: induction of cyclin D3 and p21 expression. *Gut* 2000. 46: 507–14
478. Silvester KR, Englyst HN and Cummings JH. Ileal recovery of starch from whole diets containing resistant starch measured in vitro and fermentation of ileal effluent. *Am J Clin Nutr* 1995. 62: 403–11
479. Singla, P., Bardoloi, A., & Parkash, A. A. (2010). Metabolic effects of obesity: A review. *World Journal of Diabetes*, 1(3), 76–88. <https://doi.org/10.4239/wjd.v1.i3.76>
480. Slavin, J.. Fiber and prebiotics: mechanisms and health benefits. *Nutrients* 2013. 5(4): 1417-1435.
481. Smetanina, N., Albaviciute, E., Babinska, V., Karinauskiene, L., Albertsson-Wikland, K., Petrauskiene, A., & Verkauskiene, R. (2010). Prevalence of overweight/obesity in relation to dietary habits and lifestyle among 7-17 years old children and adolescents in Lithuania. *BMC Public Health*, 15, 1001–2009. <https://doi.org/10.1186/s12889-015-2340-y>
482. Smith EA and Macfarlane GT. Enumeration of human colonic bacteria producing phenolic and indolic compounds: effects of pH, carbohydrate availability and retention time on dissimilatory aromatic amino acid metabolism. *J Appl Bacteriol* 1996. 81: 288–302
483. Snehalatha C, Viswanathan V and Ramachandran A. Cutoff values for normal anthropometric variables in Asian Indian adults. *Diabetes Care* 2003. 26(5): 1380–1384
484. Sniderman AD, Bhopal R, Prabhakaran D, Sarrafzadegan N, Tchernof A. Why might South Asians be so susceptible to central obesity and its atherogenic consequences? The adipose tissue overflow hypothesis. *Int J Epidemiol* 2007. 36: 220–225.
485. Sonnenburg, E. D., Smits, S. A., Tikhonov, M., Higginbottom, S. K., Wingreen, N. S., & Sonnenburg, J. L. (2016). Diet-induced extinctions in the gut microbiota compound over generations. *Nature*, 529(7585), 212–215. <https://doi.org/10.1038/nature16504>
486. Sonnenburg, E. D., Zheng, H., Joglekar, P., Higginbottom, S. K., Firkbank, S. J., Bolam, D. N., & Sonnenburg, J. L. (2010). Specificity of Polysaccharide Use in

- Intestinal Bacteroides Species Determines Diet-Induced Microbiota Alterations. *Cell*, 141(7), 1241–1252. <https://doi.org/10.1016/j.cell.2010.05.005>
487. Souza, S. C., Palmer, H. J., Kang, Y.-H., Yamamoto, M. T., Muliro, K. V., Eric Paulson, K., & Greenberg, A. S. (2003). TNF- α induction of lipolysis is mediated through activation of the extracellular signal related kinase pathway in 3T3-L1 adipocytes. *Journal of Cellular Biochemistry*, 89(6), 1077–1086. <https://doi.org/10.1002/jcb.10565>
 488. Speliotes EK, Willer CJ, Berndt SI. Association analyses of 249,796 individuals reveal 18 new loci associated with body mass index. *Nat Genet* 2010. 42: 937–948.
 489. Spiegel K, Tasali E, Penev P, Van Cauter E. Brief communication: sleep curtailment in healthy young men is associated with decreased leptin levels, elevated ghrelin levels, increased hunger and appetite. *Ann Intern Med* 2004. 141: 846–850.
 490. Spor, A., Koren, O., & Ley, R. (2011a). Unravelling the effects of the environment and host genotype on the gut microbiome. *Nature Reviews. Microbiology*, 9(4), 279–290. <https://doi.org/10.1038/nrmicro2540>
 491. Stamler R, Stamler J, Riedlinger WF, Algera G, Roberts RH. Weight and blood pressure. Findings in hypertension screening of 1 million Americans. *JAMA* 1978. 240: 1607–1610.
 492. Steinert, R. E., Schirra, J., Meyer-Gerspach, A. C., Kienle, P., Fischer, H., Schulte, F. & Beglinger, C.. Effect of glucagon-like peptide-1 receptor antagonism on appetite and food intake in healthy men. *The American Journal of Clinical Nutrition* 2014. 100(2): 514-523.
 493. Stinton, L. M., & Shaffer, E. A. (2012). Epidemiology of Gallbladder Disease: Cholelithiasis and Cancer. *Gut and Liver*, 6(2), 172–187. <https://doi.org/10.5009/gnl.2012.6.2.172>
 494. Sugiuchi, H., Uji, Y., Okabe, H., Irie, T., Uekama, K., Kayahara, N., & Miyauchi, K. (1995). Direct measurement of high-density lipoprotein cholesterol in serum with polyethylene glycol-modified enzymes and sulfated β -cyclodextrin. *Clinical Chemistry*, 41(5), 717–723. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/7729051>

495. Suk, S.-H., Sacco, R. L., Boden-Albala, B., Cheun, J. F., Pittman, J. G., Elkind, M. S., ... Northern Manhattan Stroke Study. (2003). Abdominal obesity and risk of ischemic stroke: the Northern Manhattan Stroke Study. *Stroke*, 34(7), 1586-92. <https://doi.org/10.1161/01.STR.0000075294.98582.2F>
496. Sun, L., Yu, Z., Ye, X., Zou, S., Li, H., Yu, D., ... Lin, X. (2010). A marker of endotoxemia is associated with obesity and related metabolic disorders in apparently healthy Chinese. *Diabetes Care*, 33(9), 1925-32. <https://doi.org/10.2337/dc10-0340>
497. Suter, P. M., & Tremblay, A.. Is alcohol consumption a risk factor for weight gain and obesity?. *Critical Reviews in Clinical Laboratory Sciences* 2005. 42(3): 197-227.
498. Swati Parnami and Mini Sheth (2010), "inulin as prebiotics in bread and cookies- A feasibility study", *Inventi Rapid: Nutraceuticals*, Vol. 1, issue 3.
499. Taguchi H, Takahashi M, Yamaguchi H et al. Experimental infection of germ-free mice with hyper-toxigenic enterohaemorrhagic *Escherichia coli* O157:H7, strain 6. *J Med Microbiol* 2002. 51: 336-43
500. Tatemoto K, Mutt V. Isolation Of Two Novel Candidate Hormones Using A Chemical Method For Finding Naturally Occurring Polypeptides. *Nature*. 1980;285:417-418
501. Ten Hacken, N. H. T. (2009). Physical inactivity and obesity: relation to asthma and chronic obstructive pulmonary disease? *Proceedings of the American Thoracic Society*, 6(20), 663-667. <https://doi.org/10.1513/pats.200907-070DP>
502. Tene CE, Espinoza-Mejia MY, Silva-Rosales NA, Giron-Carrillo JL. High birth weight as a risk factor for the childhood obesity. *Gac Med Mex* 2003. 139: 15-20.
503. The world health report: Reducing risks, promoting healthy lifestyles. Geneva: 2002. World Health Organisation.
504. Thijssen, E., van Caam, A., & van der Kraan, P. M. (2014). Obesity and osteoarthritis more than just wear and tear: pivotal roles for inflamed adipose tissue and dyslipidaemia in obesity-induced osteoarthritis. *Rheumatology*, 53(4), 464.

-
505. Tiggemann M, Pickering AS. Role of television in adolescent women's body dissatisfaction and drive for thinness. *Int J Eat Disord* 1996. 20: 199-203.
506. Tims, S., Derom, C., Jonkers, D. M., Vlietinck, R., Saris, W. H., Kleerebezem, M., ... Zoetendal, E. G. (2013). Microbiota conservation and BMI signatures in adult monozygotic twins. *The ISME Journal*, 7(4), 707-717. <https://doi.org/10.1038/ismej.2012.146>
507. Ting-ning Lin and Gruen I. Sensory analysis, instrumental analysis and consumers' acceptance toward multifunctional ice creams. PhD dissertation. Faculty of the Graduate School, University of Missouri. May 2012.
508. Tolhurst G, Heffron H, Lam YS, Parker HE, Habib AM, Diakogiannaki E, Cameron J, Grosse J, Reimann F, Gribble FM. Short-chain fatty acids stimulate glucagon-like peptide-1 secretion via the G-protein-coupled receptor FFAR2. *Diabetes*. 2012. 61: 364-371.
509. Track NS, McLeod RS, Mee AV. Human pancreatic polypeptide: studies of fasting and postprandial plasma concentrations. *Can J Physiol Pharmacol* 1980. 58: 1484-1489.
510. Tran-Dinh, A., Diallo, D., Delbosc, S., Varela-Perez, L. M., Dang, Q. B., Lapergue, B. & Meilhac, O. HDL and endothelial protection. *British Journal of Pharmacology*, 2013. 169(3): 493-511.
511. Traversy, G., & Chaput, J.-P. (2015). Alcohol Consumption And Obesity: An Update. *Current Obesity Reports*, 4(1), 122-130. [Http://Doi.Org/10.1007/S13679-014-0129-4](http://doi.org/10.1007/S13679-014-0129-4)
512. Tuohy KM et al. the prebiotic effects of biscuits containing partially hydrolysed guar gum and fructooligosaccharides -A human volunteer study. *British journal of Nutrition* 2001. 86: 241
513. Turer AT, Scherer PE: Adiponectin: mechanistic insights and clinical implications. *Diabetologia* 2012. 55: 2319-2326.
514. Turnbaugh P., Ley R., Mahowald M., Magrini V., Mardis E., Gordon J. An obesity-associated gut microbiome with increased capacity for energy harvest. *Nature* 2006. 444: 1027-1031.
515. Turnbaugh, P. J., Hamady, M., Yatsunenko, T., Cantarel, B. L., Duncan, A., Ley, R. E., ... Gordon, J. I. (2009). A core gut microbiome in obese and lean twins. *Nature*, 457(7228), 480-484. <https://doi.org/10.1038/nature07540>

516. Turnbaugh, P. J., Ley, R. E., Mahowald, M. A., Magrini, V., Mardis, E. R., & Gordon, J. I. (2006). An obesity-associated gut microbiome with increased capacity for energy harvest. *Nature*, 444(7122), 1027–31. <https://doi.org/10.1038/nature05414>
517. U. Maitra, L. Gan, S. Chang, And L. Li, “Low-Dose Endotoxin Induces Inflammation By Selectively Removing Nuclear Receptors And Activating Ccaat/Enhancer-Binding Protein Δ ,” *Journal Of Immunology*, Vol. 186, No. 7, Pp. 4467–4473, 2011.
518. Ugwuja, E., Ogbonna, N., Nwibo, A., And Onimawo, I. (2013). Overweight And Obesity, Lipid Profile And Atherogenic Indices Among Civil Servants In Abakaliki, South Eastern Nigeria. *Annals Of Medical And Health Sciences Research*, 3(1), 13–18. [Http://Doi.Org/10.4103/2141-9248.109462](http://doi.org/10.4103/2141-9248.109462)
519. Ulevitch, R. J. (1999). Toll gates for pathogen selection. *Nature*, 401(October), 755–756. <https://doi.org/10.1038/44490>
520. Umesaki Y, Okada Y, Matsumoto S, Imaoka A and Setoyama H. Segmented filamentous bacteria are indigenous intestinal bacteria that activate intraepithelial lymphocytes and induce MHC class II molecules and fucosyl asialo-GM1 glycolipids on the small intestinal epithelial cells in the ex-germ-free mouse. *Microbiol Immunol* 1995. 39: 555–62
521. Umesaki Y, Setoyama H, Matsumoto S, Okada Y. Expansion of alpha beta T-cell receptor-bearing intestinal intraepithelial lymphocytes after microbial colonization in germ-free mice and its independence from thymus. *Immunology* 1993. 79: 32–37
522. Unnikrishnan AG. (2012). Preventing obesity in India: Weighing the options. *Indian J Endocr Metab*, Vol.16:4-6
523. Van den Heuvel, E. G. H. M., Muijs, T., Brouns, F., & Hendriks, H. F. J. (2009). Short-chain fructo-oligosaccharides improve magnesium absorption in adolescent girls with a low calcium intake. *Nutrition Research*, 29(4), 229–237. <https://doi.org/10.1016/j.nutres.2009.03.005>
524. Van Der Sande, M. A., Walraven, G. E., Milligan, P. J., Banya, W. A., Ceesay, S. M., Nyan, O. A., & Mcadam, K. P. (2001). Family History: An Opportunity For Early Interventions And Improved Control Of Hypertension, Obesity

- And Diabetes. *Bulletin Of The World Health Organization*, 79(4), 321–8.
<https://doi.org/10.1590/S0042-96862001000400009>
525. Van der Waaij LA. The ecology of the human intestine and its consequences for overgrowth by pathogens such as *Clostridium difficile*. *Annu Rev Microbiol* 1999. 43: 69–87
 526. Van Hall, G., Steensberg, A., Sacchetti, M., Fischer, C., Keller, C., Schjerling, P., ... Pedersen, B. K. (2003). Interleukin-6 Stimulates Lipolysis and Fat Oxidation in Humans. *The Journal of Clinical Endocrinology & Metabolism*, 88(7), 3005–3010. <https://doi.org/10.1210/jc.2002-021687>
 527. Van Lenten, B. J., Hama, S. Y., de Beer, F. C., Stafforini, D. M., McIntyre, T. M., Prescott, S. M., ... Navab, M. (1995). Anti-inflammatory HDL becomes pro-inflammatory during the acute phase response. Loss of protective effect of HDL against LDL oxidation in aortic wall cell cocultures. *Journal of Clinical Investigation*, 96(6), 2758–2767. <https://doi.org/10.1172/JCI118345>
 528. Van Loo J, Coussement P, De Leenheer L, Hoebregts H and Smits G. On the Presence of Inulin and Oligofructose as Natural Ingredients in the Western Diet. *Critical Reviews in Food Science and Nutrition* 1995. 35(6): 525–552
 529. Verdich C, Flint A, Gutzwiller J-P, Naslund E, Beglinger C, Hellstrom PM, Long SJ, Morgan LM, Holst JJ, Astrup A: A Meta-Analysis of the Effect of Glucagon-Like Peptide-1 (7–36) Amide on Ad Libitum Energy Intake in Humans. *J Clin Endocrinol Metab* 2001, 86:4382–4389.
 530. Verhulst SL, Rooman R, Van Gaal L, De Backer W, Desager K, Is sleep-disordered breathing an additional risk factor for the metabolic syndrome in obese children and adolescents. *Int J Obes (Lond)* 2009. 33: 8–13.
 531. Verstraeten, R., Van Royen, K., Ochoa-Avilés, A., Penafiel, D., Holdsworth, M., Donoso, S. & Kolsteren, P.. A conceptual framework for healthy eating behavior in Ecuadorian adolescents: A qualitative study. 2014. *PloS one*, 9(1), e87183.
 532. Vettor R, Fabris R, Pagano C, Federspil G. Neuroendocrine regulation of eating behavior. *J Endocrinol Invest* 2002. 25: 836–854.
 533. Videla S, Vilaseca J, Antolin M, Garcia LA, Guarner F, Crespo E et al. Dietary inulin improves distal colitis induced by dextran sodium sulphate in the rat. *American Journal of Gastroenterology* 2001. 96: 1486–1493.

534. Vieira, A. T., Teixeira, M. M., & Martins, F. S. (2013). The role of probiotics and prebiotics in inducing gut immunity. *Frontiers in Immunology*, 4(DEC), 1–12. <https://doi.org/10.3389/fimmu.2013.00445>
535. Vikram NK, Misra A, Dwivedi M, Sharma R, Pandey RM, Luthra K, Chatterjee A, Dhingra V, Jailkhani BL, Talwar KK, Guleria R. Correlations of C-reactive protein levels with anthropometric profile, percentage of body fat and lipids in healthy adolescents and young adults in urban North India. *Atherosclerosis* 2003. 168: 305-313.
536. Vikram NK, Tandon N, Misra A, Srivastava MC, Pandey RM, Mithal A, Sharma S, Ajmani A, Madhu SV, Batra CM, Gupta N. Correlates of type 2 diabetes mellitus in children, adolescents and young adults in north India: a multisite collaborative case-control study. *Diabet Med* 2006. 23: 293-298.
537. Vilsboll T, Zdravkovic M, Le-Thi T, Krarup T, Schmitz O, Courreges JP et al. Liraglutide, a long-acting human glucagon-like peptide-1 analog, given as monotherapy significantly improves glycemic control and lowers body weight without risk of hypoglycemia in patients with type 2 diabetes. *Diabetes Care* 2007. 30: 1608–1610.
538. Vines AI, Baird DD, Stevens J, Hertz-Picciotto I, Light KC, McNeilly M. Associations of abdominal fat with perceived racism and passive emotional responses to racism in African American women. *Am J Public Health* 2007. 97: 526–530.
539. Visscher and Seidell. *Epidemiology: Definition and Classification of Obesity*. Endocrinology 2010. DOI: 10.1002/9781444307627.ch1
540. Vuolteenaho, K., Koskinen, A., & Moilanen, E.. Leptin—a link between obesity and osteoarthritis. Applications for prevention and treatment. *Basic & Clinical Pharmacology & Toxicology* 2014. 114(1): 103-108.
541. Vuyst de Luk and Leroy F. Cross-feeding between bifidobacteria and butyrate-producing colon bacteria explains bifidobacterial competitiveness, butyrate production, and gas production. *International Journal of Food Microbiology* 2011. 149(1): 73–80
542. Wajchenberg, B. L., & Cohen, R. (2014). Adipose Tissue and Adipokines in Health and Disease (Nutrition and Health). (G. Fantuzzi & C. Braunschweig, Eds.), *Adipose Tissue and Adipokines in Health and Disease (Nutrition and*

- Health). Totowa, NJ: Humana Press. <https://doi.org/10.1007/978-1-62703-770-9>
543. Walker, A. W., Ince, J., Duncan, S. H., Webster, L. M., Holtrop, G., Ze, X., ... Flint, H. J. (2011). Dominant and diet-responsive groups of bacteria within the human colonic microbiota. *The ISME Journal*, 5(2), 220–30. <https://doi.org/10.1038/ismej.2010.118>
 544. Walter, J., & Ley, R. (2011). The Human Gut Microbiome: Ecology and Recent Evolutionary Changes. *Annual Review of Microbiology*, 65(1), 411–429. <https://doi.org/10.1146/annurev-micro-090110-102830>
 545. Wang X and Gibson GR. Effects of the *in vitro* fermentation of oligofructose and inulin by bacteria growing in the human large intestine. *Journal of Applied Bacteriology* 1993. 75: 373
 546. Wang Y, Rimm EB, Stampfer MJ, Willett WC, Hu FB. Comparison of abdominal adiposity and overall obesity in predicting risk of type 2 diabetes among men. *Am J Clin Nutr* 2005. 81: 555–563.
 547. Wang Z., Xiao G., Yao Y., Guo S., Lu K., Sheng Z. The role of bifidobacteria in gut barrier function after thermal injury in rats. *J. Trauma*, 2006, 61 : 650-7.
 548. Wang Z.T., Yao Y.M., Xiao G.X., Sheng Z.Y. Risk factors of development of gut-derived bacterial translocation in thermally injured rats. *World J. Gastroenterol.*, 2004, 10 : 1619-24.
 549. Wang, F., Wang, B., & Qiao, L. (2012). Association between obesity and gallbladder cancer. *Frontiers in Bioscience (Landmark Edition)*, 17, 2550–8. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/22652797>
 550. Ward KD, Klesges RC, Vander Weg MW. Cessation of smoking and body weight. In: Björntop P, ed. *International textbook of obesity*. Chichester, United Kingdom: Wiley & Sons Ltd, 2001:323–36.
 551. Waterhouse AL, Chatterton NJ. Glossary of fructan terms. In: Suzuki M, Chatterton NJ, editors. *Science and technology of fructans*, Boca Raton, FL: CRC Press, pp. 2–7, 1993.
 552. Weigensberg MJ, Toledo-Corral CM, Goran M. Association between the metabolic syndrome and serum cortisol in overweight Latino youth. *J Clin Endocrinol Metab* 2008. 93: 1372–1378.

553. Wendel M, Paul R, Heller AR. Lipoproteins in inflammation and sepsis. Clinical aspects. *Intensive Care Med* 2007. 33: 25–35.
554. Westerterp-Plantenga, M., Diepvens, K., Joosen, A. M. C. P., Bérubé-Parent, S., & Tremblay, A. (2006). Metabolic Effects Of Spices, Teas, And Caffeine. *Physiology And Behavior*, 89(1), 85–91.
<https://doi.org/10.1016/J.Physbeh.2006.01.027>
555. White, D. L., Kanwal, F., & El-Serag, H. B. (2012). Association Between Nonalcoholic Fatty Liver Disease and Risk for Hepatocellular Cancer, Based on Systematic Review. *Clinical Gastroenterology and Hepatology*, 10(12), 1342–1359.e2. <https://doi.org/10.1016/j.cgh.2012.10.001>
556. WHO | Obesity: preventing and managing the global epidemic. (2015). WHO. Retrieved from http://www.who.int/nutrition/publications/obesity/WHO_TRS_894/en/
557. WHO | Physical Inactivity: A Global Public Health Problem. (2014). Retrieved April 17, 2017, from http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/
558. Who. (2005). the Impact of Chronic Disease in India.
559. WHO. (2012). Global Physical Activity Questionnaire (GPAQ) Analysis Guide. Geneva: World Health Organization, 1–22.
[https://doi.org/10.1016/S0140-6736\(12\)60736-3](https://doi.org/10.1016/S0140-6736(12)60736-3).The
560. WHO. (2014). Global status report on non-communicable diseases 2014. World Health, 176. <https://doi.org/ISBN 9789241564854>
561. Wild SH, Byrne CD. ABC of obesity. Risk factors for diabetes and coronary heart disease. *BMJ* 2006;333:1009 –11.
562. Williams CH, Witherly SA and Buddington RK. Influence of dietary neo sugar on selected bacterial groups of the human fecal microbiota. *Microbiology Ecology Health Disease* 1994. 7: 91
563. Williamson DF, Madans J, Anda RF, Kleinman JC, Giovino GA, Byers T. Smoking cessation and severity of weight gain in a national cohort. *N Engl J Med* 1991;324:739–45.
564. Winter, J. E., MacInnis, R. J., Wattanapenpaiboon, N., & Nowson, C. A. (2014). BMI and all-cause mortality in older adults: a meta-analysis. *The American journal of clinical nutrition*, ajcn-068122.

565. World Bank. (2011). Non-Communicable Diseases (NCDs)-India's Next Major Health Challenge. Diabetes, (February), 1-5. Retrieved from http://siteresources.worldbank.org/SOUTHASIAEXT/Resources/223546-1296680097256/7707437-1296680114157/NCD_IN_Policy_Feb_2011.pdf
566. World Health Organization. (1998a). Obesity: preventing and managing the global epidemic: report of a WHO consultation on obesity, Geneva, 3-5 June 1997.
567. World Health Organization. (2008). Waist Circumference and Waist-Hip Ratio: Report of a WHO Expert Consultation. World Health Organization. <https://doi.org/10.1038/ejcn.2009.139>
568. World Health Organization. (2015). WHO | Physical Activity and Adults. Retrieved April 17, 2017, from http://www.who.int/dietphysicalactivity/factsheet_adults/en/
569. World Health Organization. (2016). WHO | Noncommunicable diseases. WHO. Retrieved from <http://www.who.int/mediacentre/factsheets/fs355/en/>
570. World Health Organization. (2016). WHO | Obesity and overweight. WHO. World Health Organization. Retrieved from <http://www.who.int/mediacentre/factsheets/fs311/en/>
571. World Health Organization. The Asia Pacific Perspective: Redefining obesity and its treatment.. Geneva, Switzerland: World Health Organization; 2000
572. Wormser D, Kaptoge S, Di Angelantonio E, Wood AM, Pennells L, Thompson A, Sarwar N, Kizer JR, Lawlor DA, Nordestgaard BG, Ridker P, Salomaa V, Stevens J, Woodward M, Sattar N, Collins R, Thompson SG, Whitlock G, Danesh J. Separate and combined associations of body-mass index and abdominal adiposity with cardiovascular disease: collaborative analysis of 58 prospective studies. *Lancet* 2011. 377: 1085-1095.
573. Wren AM, Seal LJ, Cohen MA, Brynes AE, Frost GS, Murphy KG et al. Ghrelin enhances appetite and increases food intake in humans. *J Clin Endocrinol Metab* 2001. 86: 59-92.
574. Wright SD, Ramos RA, Tobias PS, Ulevitch RJ, Mathison JC. CD14, a receptor for complexes of LPS and LPS-binding protein. *Science* 1990. 249: 1431-1433.

575. Wu Q., & Suzuki M. Parental obesity and overweight affect the body-fat accumulation in the offspring: the possible effect of a high-fat diet through epigenetic inheritance. *Obesity reviews* 2006. 7(2): 201-208.
576. Wu, A., Hinds, C. J., & Thiernemann, C. (2004). High-Density Lipoproteins in Sepsis and Septic Shock: Metabolism, Actions, and Therapeutic Applications. *Shock*, 21(3), 210-221. <https://doi.org/10.1097/01.shk.0000111661.09279.82>
577. Wu, C. Y., Chou, Y. C., Huang, N., Chou, Y. J., Hu, H. Y., & Li, C. P. (2014). Association of body mass index with all-cause and cardiovascular disease mortality in the elderly. *PloS one*, 9(7), e102589.
578. Wu, G. D., Chen, J., Hoffmann, C., Bittinger, K., Chen, Y.-Y., Keilbaugh, S. A., ... Lewis, J. D. (2011). Linking Long-Term Dietary Patterns with Gut Microbial Enterotypes. *Science*, 334(6052), 105-108. <https://doi.org/10.1126/science.1208344>
579. Wynne K, Park AJ, Small CJ, Patterson M, Ellis SM, Murphy KG et al. Subcutaneous oxyntomodulin reduces body weight in overweight and obese subjects: a double-blind, randomized, controlled trial. *Diabetes* 2005. 54: 2390-2395.
580. Wynne K, Stanley S, McGowan B, Bloom S. Appetite control. *J Endocrinol* 2005. 184: 291-318.
581. Xu B, Wang Y, Li J, Lin Q. Effect of prebiotic xylooligosaccharides on growth performances and digestive enzyme activities of allogynogenetic crucian carp (*Carassius auratus gibelio*). *Fish Physiol Biochem* 2009. 35: 351-357.
582. Xu J and Gordon JL. "Honor thy symbionts," *Proceedings of the National Academy of Sciences of the United States of America* 2003. 100(18): 10452- 10459.
583. Yatsunenko, T., Rey, F. E., Manary, M. J., Trehan, I., Dominguez-Bello, M. G., Contreras, M., ... Gordon, J. I. (2012). Human gut microbiome viewed across age and geography. *Nature*, 486(7402), 222-7. <https://doi.org/10.1038/nature11053>
584. Ybarra J, Bobbioni-Harsch E, Chassot G, Huber O, Morel P, Assimacopoulos-Jeannet F et al. Persistent correlation of ghrelin plasma levels with body mass index both in stable weight conditions and during gastric-bypass-induced weight loss. *Obes Surg* 2009. 19: 327-331.

585. Yeomans MR. Alcohol, appetite and energy balance: is alcohol intake a risk factor for obesity? *Physiol Behav.* 2010; 100:82–9.
586. Younes H, Coudray C, Bellanger J, Demigne C, Rayssiguier Y and Remesy C. Effects of two fermentable carbohydrates (inulin and resistant starch) and their combination on calcium and magnesium balance in rats. *Br J Nutr* 2001. 86: 479–85
587. Yu, K. C., & Cooper, A. D. (2001). Postprandial lipoproteins and atherosclerosis. *Frontiers in Bioscience : A Journal and Virtual Library*, 6, D332-54. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/11229885>
588. Yun, J. W. (1996). Fructooligosaccharides—Occurrence, preparation, and application. *Enzyme and Microbial Technology*, 19(2), 107–117. [https://doi.org/10.1016/0141-0229\(95\)00188-3](https://doi.org/10.1016/0141-0229(95)00188-3)
589. Yun, J. W. Fructooligosaccharides occurrence, preparation and application. *Enzyme Microbiology and Technology*, 19:107– 117, 1996.
590. Yusuf S, Hawken S, Ounpuu S, Bautista L, Franzosi MG, Commerford P, Lang CC, Rumboldt Z, Onen CL, Lisheng L, Tanomsup S, Wangai P Jr., Razak F, Sharma AM, Anand SS. Obesity and the risk of myocardial infarction in 27,000 participants from 52 countries: a case-control study. *Lancet* 2005. 366: 1640– 1649.
591. Zhang F, Basinski MB, Beals JM, Briggs SL, Churgay LM, Clawson DK, DiMarchi RD, Furman TC, Hale JE, Hsiung HM, Schoner BE, Smith DP, Zhang XY, Wery JP, Schevitz RW (May 1997). "Crystal structure of the obese protein leptin-E100". *Nature*. 387 (6629): 206– 9. doi:10.1038/387206a0. PMID 9144295.
592. Zhang H, Dibaise JK, Zuccolo A, Kudrna D, Braidotti M, Yu Y et al. Human gut microbiota in obesity and after gastric bypass. *Proc Nat Acad Sci USA* 2009; 106 (7): 2365-70.
593. Zhang YL, Zhong X, Gjoka Z, Li Y, Stochaj W, Stahl M, Kriz R, Tobin JF, Erbe D, Suri V. H6PDH interacts directly with 11 beta-HSD1: implications for determining the directionality of glucocorticoid catalysis. *Arch Biochem Biophys* 2009. 483: 45–54.
594. Zhao L. The Gut Microbiota and Obesity: From Correlation to Causality. *Nature Reviews Microbiology* 2013. 11(9): 639-647.