

PROBIOTICS AND SEA FOODS

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The use of foods for special purposes such as treatment and prevention of diseases has been known for long times. Nowadays, fish industry has been trying to develop healthier fish products while improving quality characteristics. Therefore, studies have been focused on the production of healthier fish products. Probiotics are live microbial food supplements that beneficially affect the host by improving its intestinal microbial balance. For having beneficial effects of probiotics, it is necessary that probiotic microorganisms maintain the adequate number of viable cells during the shelf life of the product as well as during the gastrointestinal tract transit after consumption. Some of the claims for which research supports a beneficial effect of probiotic consumption include, improving intestinal tract health, enhancing the immune system, reducing symptoms of lactose intolerance and constipation and reducing risk of certain cancers. Probiotic bacteria widely use in fish marinades, smoked fish, in canned, sausage industry. In research conducted with the use of probiotics in aquaculture added shelf life of the product was found to show an increase of around 21g's. Probiotic functional food components are quite beneficial to human health. Studies on the production of probiotic-containing foods in the world, although quite common in our country is limited to a few products. Functional food ingredient that is known to have many positive effects of the use of probiotics in our country, our people will not adversely affect the taste of fish or other marine products use should be expanded.

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