

**Almonds demonstrate prebiotic potential effects of almond lipid on colonic microbiota.**

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**Abstract:**

ABSTRACT: Although the evaluation of almond nutrients bioaccessibility is incomplete, it may have important implications for the prevention and management of obesity and cardiovascular disease. We have shown that almond cell walls remain largely intact during simulated gastric and duodenal digestion, thus reducing lipid bioaccessibility. A large proportion of almond nutrients survived upper gastrointestinal digestion, therefore reaching the large bowel. Finely ground almonds, FG, altered the composition of human colonic microbiota during fermentation in an in vitro human colonic model by stimulating the growth of bifidobacteria and *Eubacterium rectale*. No significant differences in the proportions of gut bacteria groups were detected in response to defatted finely ground almonds, DG.