



The use of probiotics as an alternative to address sport-related health concerns.

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Abstract:

Probiotic-based foods have been highlighted over the years now as a valuable alternative to address various health concerns. In sports, it is known that athletes may be at risk of various disorders as a result of an exhaustive training load, exercise intensity, travel, inadequate rest and poor nutrition. Indeed, athletes with prolonged intense exercise may be more susceptible to various disorders such as oxidative stress, immunodepression and upper respiratory tract illness (URTI), compared with individuals participating in moderate or no exercise. These situations led to a growing interest on looking for strategies to prevent these conditions from affecting sport performance. In this context, probiotic supplementation has gained special attention because of evidence of a beneficial effect on respiratory and gastrointestinal tract symptoms. This review, focuses on the use of probiotic-based food to improve appearance, address health concerns and therefore improve sport performance.

Biography:

Eudes L. ANIHOUVI is a food scientist interested in Food Technology, Food microbiology, Food chemistry, Functional foods, probiotics, and Research and Development. He is a member of the World Academy of Science, Engineering and Technology (WASET) and an editorial board member of the International Journal of Science, Technology and Society. Eudes is a Master's degree holder in Food science and technology. For his Master thesis, he investigated the "Consumption and nutritional quality of grilled pork purchased from open road-side restaurants of Benin". He is also a PhD candidate working on the enhancement of the consumer's health using probiotic strains as a starter culture in the development of health promoting foods. His skills include the ability of assessing some key quality criteria such as the technological and physicochemical quality, the microbiological quality, the viability of the strains during the manufacturing process



and the shelf life, the packaging effect on the viability of the probiotic strains, the volatile compound and organic acid profile, the antioxidant property, the sensory profile and the organoleptic changes during storage.

Publication of speakers:

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2. Landry, Eudes & Kesenkall, Harun & Anihouvi, Eudes L. & Salih, Hanaa & Anihouvi, Victor & Akademik, H. (2020). Milk and Dairy Products Production in Benin. 508-516. 10.24323/akademik-gida.667265.
3. Anihouvi, Eudes L. & Salih, Hanaa & Anihouvi, Victor & Kesenkall, Harun. (2019). eudes USKO2019-Poster1.

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