

## LIST OF TABLES

Table 2.1: Functions of trace elements and symptoms of their deficiency.....	29-31
Table 2.2: Global anemia prevalence and number of individuals effected.....	32
Table 2.3: National prevalence of anemia in India, by sex and age group and for total population.....	33-34
Table 2.4: The Recommended Daily Allowance (RDA) of iron for different age groups and sex.....	35-36
Table 2.5: The advantages and disadvantages of microencapsulation methods....	42-46
Table 2.6: Different bacterial biosorbents used for biosorption of metal ions.....	53-54
Table 2.7: Different algal and fungal biosorbents used for biosorption of metal ions.....	54-55
Table 2.8: Equations of pseudo first and second order kinetic models.....	61
Table 3.1: ICP-OES result of amount of Fe (II) that is bound to the biomass after biosorption and the amount that is released after digestion.....	90-91
Table 3.2: Uptake capacity of yeast biomass from ICP-OES result.....	92
Table 3.3: Constants of Langmuir, Freundlich, and Temkin isotherm model obtained by the biosorption of Fe (II) ions onto <i>Lb. fermentum</i> and <i>B. subtilis</i> .....	94
Table 3.4: Constants of pseudo first and second order kinetic models obtained for the biosorption of Fe (II) ions onto <i>Lb. fermentum</i> and <i>B. subtilis</i> .....	95
Table 3.5: Biosorption efficiency of CC30 EPS at metal concentration of 2 mg/L...107	
Table 4.1: Formulation of standard and iron deficient AIN 93 diet.....	110
Table 4.2: <i>in vitro</i> digestion of iron bound <i>Lb. fermentum</i> and <i>B. subtilis</i> , and uptaken by <i>S. cerevisiae</i> .....	116
Table 4.3: Amount of Fe released as result of acid digestion of standard, D1 and D3 AIN 93 diets.....	117

Table 4.4: Initial, eight week weight and final weight, weight gain, and average food intake of the different diets during the depletion-repletion period in rats (n=36).....	119
Table 4.5: Iron intake, initial and final hemoglobin, Hb-Fe pool, hemoglobin regeneration efficiency (HRE) and relative biological value (RBV) of standard (CG, ID and FT) groups during the study period of 12 weeks.....	122-123
Table 4.6: Iron intake, initial and final hemoglobin, Hb-Fe pool, hemoglobin regeneration efficiency (HRE) and relative biological value (RBV) of depleted experimental groups (T1, T2 and ST) fed with three different diets (D1, D2 and D3) during the repletion period.....	123
Table 5.1: Treatments used for fortification of chocolate with <i>Lactobacillus fermentum</i> / <i>Bacillus subtilis</i> biomass.....	128
Table 5.2: Treatments used for fortification of chocolate with <i>Saccharomyces cerevisiae</i> .....	128
Table 5.3: Treatments used for the fortification of curd/dahi with <i>Lactobacillus fermentum</i> .....	129
Table 5.4: Effect of iron fortification on total count of LAB in the iron fortified curd/dahi during storage period at 4 <sup>0</sup> C.....	140
Table 5.5: Amount of Fe released as result of acid digestion of fortified chocolate treatments of <i>Lb. fermentum</i> .....	141
Table 5.6: Amount of Fe released as result of acid digestion of fortified chocolate treatments of <i>B. subtilis</i> .....	141-142
Table 5.7: <i>in vitro</i> digestion of <i>Lb. fermentum</i> fortified chocolate treatments (1g).....	143
Table 5.8: <i>in vitro</i> digestion of <i>B. subtilis</i> fortified chocolate treatments (1g)...	143-144
Table 5.9: <i>in vitro</i> digestion of <i>S. cerevisiae</i> fortified chocolate treatments (1g).....	144