

Digestibility of protein and estimated bioavailability of mineral compounds in plant-based yoghurt alternatives

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Short-term pectin-enriched smoothie consumption has beneficial effects on the gut microbiota of low-fiber consumers

Pihelgas, Susan; Ehala-Aleksejev, Kristel; Kuldjäär, Rain; Jõelet, Ann; Kazantseva, Jekaterina; **Adamberg, Kaarel** FEMS Microbes 2024 / art. xtae001 <https://doi.org/10.1093/femsmc/xtae001> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

The gut microbiota of healthy individuals remains resilient in response to the consumption of various dietary fibers

Pihelgas, Susan; Ehala-Aleksejev, Kristel; **Adamberg, Signe**; Kazantseva, Jekaterina; **Adamberg, Kaarel** Scientific reports 2024 / art. 22208, 13 p. : ill <https://doi.org/10.1038/s41598-024-72673-9> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Ülekaal ja mehe tervis

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