

Absolute quantitative multi-omics characterization of specific growth rate-dependent metabolism of Escherichia coli = Absoluutselt kvantitatiivsetel oomikameetoditel põhinev kasvuerikiirusest sõltuva Escherichia coli metabolismi kirjeldamine

Valgepea, Kaspar 2014 <https://digi.lib.ttu.ee/i/?1089>

Acidic pH enhances butyrate production from pectin by faecal microbiota

Raba, Grete; Adamberg, Signe; Adamberg, Kaarel FEMS Microbiology Letters 2021 / art. fnab042

<https://doi.org/10.1093/femsle/fnab042> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Advanced continuous cultivation methods for systems microbiology

Adamberg, Kaarel; Valgepea, Kaspar; Vilu, Raivo Microbiology 2015 / p. 1707-1719 : ill <https://doi.org/10.1099/mic.0.000146> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Allahinnatud lihakraami tohib sügavkülmas hoida arvatust märksa lühemat aega

Suurmägi, Kadri postimees.ee 2024 [Allahinnatud lihakraami tohib sügavkülmas hoida arvatust märksa lühemat aega](#)

Anne Velli: kurgid on mu abielu kindel pant!

Kukk, Mari Maaleht 2023 <https://dea.digar.ee/article/maaleht/2023/07/27/3.4> [Anne Velli oma võlureseptist: kurgid on mu abielu kindel pant!](#)

Antimicrobial activity of genetically and physiologically characterized Lactobacillus isolated from semi-hard cheeses

Christiansen, P.; Møller, Peter L.; Kask, Signe; Adamberg, Kaarel IDF Symposium on Cheese: Ripening, Characterization and Technology : book of abstracts 2004 / p. 34

Applications of biotechnology in food engineering

Paalme, Toomas; Adamberg, Kaarel; Eha, Kairit; Friedenthal, Margus; Järvekülg, Lilian; Laos, Katrin; Kasemets, Kaja; Kann, Aino; Kask, Signe; Laht, Tiit-Maie; Sirendi, Meelis; Tauts, Olev; Tedersoo, Erge; Täht, Riina; Vokk, Raivo Food and nutrition = Toit ja toitumine 2002 / p. 16-30

Auxo-accelerostat - a new effective cultivation system for culture characterisation

Adamberg, Kaarel; Kasemets, Kaja; Paalme, Toomas 1st International Congress on Bioreactor Technology in Cell, Tissue Culture and Biomedical Applications : 14-18 July, 2003, Tampere : proceedings 2003 / p. 115-125

Auxo-accelerostat - a new effective system for culture characterisation

Adamberg, Kaarel; Kasemets, Kaja; Paalme, Toomas 1st International Congress on Bioreactor Technology in Cell, Tissue Culture and Biomedical Applications : 14-18 July, 2003, Tampere : abstracts 2003 / p. 23

Bakterite imeline maailm; 1. osa

Lelumees, Siiri Kodutohter 2020 / lk. 30-33 : ill http://www.ester.ee/record=b1072381*est

Can isothermal microcalorimetry be used to characterise bacterial growth on prebiotic oligosaccharides?

Adamberg, Signe; Tomson, Katrin; Vija, Heiki; Wadström, T.; Ljungh, A.; Adamberg, Kaarel The Intestinal Microbiota and Gut Health : Contribution of the Diet, Bacterial Metabolites, Host Interactions and Impact on Health and Disease : IATA (CSIC), Valencia, Spain, 18th-20th September 2013 : conference proceedings, short communications 2013 / p. 15-17 : ill

Cancer sniffer dogs : how can we translate this peculiarity in laboratory medicine? Results of a pilot study on gastrointestinal cancers

Panbianco, Concetta; Kelman, Edgar; Vene, Kristel; Gioffreda, Domenica; Tavano, Francesca; Vilu, Raivo; Terracciano, Fulvia; Pata, Illar; Adamberg, Kaarel; Andriulli, Angelo; Paziienza, Valerio Clinical chemistry and laboratory medicine (CCLM) 2017 / p. 138-146 : ill <https://doi.org/10.1515/cclm-2016-1158> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Carbohydrate fermentation by non-starter lactic acid bacteria isolated from Danish cheese

Adamberg, Kaarel; Antonsson, M.; Ardö, Ylva; Waagner Nielsen, E.; Vørgensen, Finn K. Future food - a scientific perspective abstract collection. LMC kongress at DTU, January 16-17, 2002, Denmark 2002 / p. 27

Carbohydrate fermentation by non-starter lactic acid bacteria isolated from Danish cheese

Adamberg, Kaarel; Antonsson, M.; Ardö, Ylva; Waagner Nielsen, E.; Vørgensen, Finn K. Food and nutrition = Toit ja toitumine 2002 / p. 104-105

Characterisation of Lactobacillus paracasei and L. curvatus isolated from Estonia cheeses

Adamberg, Kaarel; Kask, Signe; Laht, Tiit-Maie; Paalme, Toomas 7th Symposium on Lactic Acid Bacteria - Genetics, Metabolism and Applications, Egmond aan Zee, The Netherlands, 1-5 September, 2002 : book of abstracts 2002

Co-metabolism of amino acids and polyfructans by Bacteroides thetaiotaomicron in defined media

Adamberg, Signe; Tomson, Katrin; Vija, Heiki; Visnapuu, Triinu; Adamberg, Kaarel 2014 ENGIHR Conference : The Gut Microbiota Throughout Life : Max Rubner-Institut, Karlsruhe (Germany), 24th-26th September 2014 / [3] p. : ill

Co-metabolism of mucins and dietary fibres by gut microbiota = Mutsiinide ja kiudainete kometabolism soolestiku mikrobioota poolt

Raba, Grete 2023 <https://doi.org/10.23658/taltech.11/2023> <https://digikogu.taltech.ee/et/Item/37ec835d-31e6-4779-97c5-f5c65d0dbe48>
https://www.ester.ee/record=b5552661*est

Comparison and applications of label-free absolute proteome quantification methods on Escherichia coli

Arike, Liisa; Valgepea, Kaspar; Peil, Lauri; Nahku, Ranno; Adamberg, Kaarel; Vilu, Raivo Journal of proteomics 2012 / p. 5437-5448 : ill <https://pubmed.ncbi.nlm.nih.gov/22771841/>

Composition and metabolism of fecal microbiota from normal and overweight children are differentially affected by melibiose, raffinose and raffinose-derived fructans

Adamberg, Kaarel; Adamberg, Signe; Ernits, Karin Anaerobe 2018 / p. 100-110 : ill <https://doi.org/10.1016/j.anaerobe.2018.06.009>
[Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

The composition of faecal microbiota is related to the amount and variety of dietary fibres

Adamberg, Kaarel; Jaagura, Madis; Aaspõllu, Anu; Nurk, Eha; Adamberg, Signe International Journal of Food Sciences and Nutrition 2020 / p. 845-855 : ill <https://doi.org/10.1080/09637486.2020.1727864> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Consumption of multi-fiber enriched yogurt increased the levels of Catenibacterium mitsuokai and Parabacteroides distasonis

Jaagura, Madis; Part, Natalja; Adamberg, Kaarel; Kazantseva, Jekaterina; Viirard, Ene Pharmadvances 2022 / p. 59
<http://www.pharmadvances.com/wp-content/uploads/2022/01/Posters.pdf>

Consumption of multi-fiber enriched yogurt is associated with increase of Bifidobacterium animalis and butyrate producing bacteria in human fecal microbiota

Jaagura, Madis; Part, Natalja; Adamberg, Kaarel; Kazantseva, Jekaterina; Viirard, Ene Journal of Functional Foods 2022 / Art. nr. 104899 <https://doi.org/10.1016/j.jff.2021.104899> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Coordinated activation of PTA-ACS and TCA cycles strongly reduces overflow metabolism of acetate in Escherichia coli

Peebo, Karl; Valgepea, Kaspar; Nahku, Ranno; Riis, Gethe; Õun, Mikk; Adamberg, Kaarel; Vilu, Raivo Applied microbiology and biotechnology 2014 / p. 5131-5143 : ill <https://doi.org/10.1007/s00253-014-5613-y> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Corrigendum to: "Comparison and applications of label-free absolute proteome quantification methods on Escherichia coli" [J Proteomics 75 (17) (2012) 5437-5448]

Arike, Liisa; Valgepea, Kaspar; Peil, Lauri; Nahku, Ranno; Adamberg, Kaarel; Vilu, Raivo Journal of Proteomics 2013 / p. 619
<https://doi.org/10.1016/j.jprot.2013.07.012> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Decrease of energy spilling in Escherichia coli continuous cultures with rising specific growth rate and carbon wasting

Valgepea, Kaspar; Adamberg, Kaarel; Vilu, Raivo BMC systems biology 2011 / p. 106 <https://pubmed.ncbi.nlm.nih.gov/21726468/>

Degradation of fructans and production of propionic acid by Bacteroides thetaiotaomicron are enhanced by the shortage of amino acids

Adamberg, Signe; Tomson, Katrin; Vija, Heiki; Puurand, Marju; Kabanova, Natalja; Visnapuu, Triinu; Jõgi, Eerik; Alamäe, Tiina; Adamberg, Kaarel Frontiers in nutrition 2014 / p. 1-9 : ill

The design of unit cells by combining the self-reproduction systems and metabolic cushioning loads

Abner, Kristo; Šverns, Peter; Arold, Janar; Lints, Taivo; Eller, Neeme-Andreas; Morell, Indrek; Seiman, Andrus; Adamberg, Kaarel; Vilu, Raivo Communications biology 2025 / art. 241 <https://doi.org/10.1038/s42003-025-07655-2>

Development and applications of chemically defined media for lactic acid bacteria = Defineeritud koostisega söötmete arendamine ja kasutusalaad piimhappebakteritele

Aller, Kadri 2016 http://www.ester.ee/record=b4567664*est

Development of safe and effective bacteriophage-mediated therapies against C. difficile infections – a proof-of-concept preclinical study

Rasmussen, Torben Sølbeck; Forster, Sarah; Larsen, Sabina Birgitte; Münchow, Alexandra von; Tranæs, Kaare Dyekæ; Brunse, Anders; Castro Meija, Josue Leonardo; Adamberg, Signe; Hansen, Axel Kørnerup; Adamberg, Kaarel bioRxiv 2023 / 28 p. : ill <https://doi.org/10.1101/2023.03.17.532897> <https://www.biorxiv.org/content/biorxiv/early/2023/03/17/2023.03.17.532897.full.pdf>

D-stat

Nisamedtinov, Ildar; Adamberg, Kaarel; Paalme, Toomas 1st International Congress on Bioreactor Technology in Cell, Tissue Culture and Biomedical Applications : 14-18 July, 2003, Tampere : proceedings 2003 / p. 231-242

D-stat

Nisamedtinov, Ildar; Adamberg, Kaarel; Paalme, Toomas 1st International Congress on Bioreactor Technology in Cell, Tissue Culture and Biomedical Applications : 14-18 July, 2003, Tampere : abstracts 2003 / p. 45

Dynamic single fermenter model for study of survival and growth of probiotics in human upper gastrointestinal tract
Sumeri, Ingrid; Arike, Liisa; Adamberg, Signe; Adamberg, Kaarel; Liidemann, G.; Stekolštšikova, Jelena; Laht, Tiit-Maie; Paalme, Toomas Book of abstracts : Gut Microbiology : Research to Improve Health, Immune Response and Nutrition : Aberdeen, Scotland, 21-23 June 2006 2006 / ? p

A dynamic single fermenter model of human upper gastrointestinal tract for study of probiotics
Sumeri, Ingrid; Arike, Liisa; Adamberg, Signe; Adamberg, Kaarel; Laht, Tiit-Maie; Paalme, Toomas Proceedings of European Conference on Probiotics and their Applications : EUPROBIO 2005 : October 6-8, Krakow 2005 / p. 32
<https://pubmed.ncbi.nlm.nih.gov/15808363/>

Eesti inimesed tarvitavad kiudaineid soovitatust sageli vähem [Võrguväljaanne]
Adamberg, Kaarel novaator.err.ee 2020 / fot [Eesti inimesed tarvitavad kiudaineid soovitatust sageli vähem](#)

Eesti ja Taani teadlased leidsid soolestiku tervendamisel abi viirustest
novaator.err.ee 2025 [Eesti ja Taani teadlased leidsid soolestiku tervendamisel abi viirustest](#)

Eesti teadlased : inimene saab oma soolebaktereid otseselt mõjutada [Võrguväljaanne]
Adamberg, Kaarel; Adamberg, Signe heureka.postimees.ee 2019 / fot [Eesti teadlased: inimene saab oma soolebaktereid otseselt mõjutada](#) <https://doi.org/10.1080/16512235.2018.1549922>

Eestlaste menüüs napib kiudaineid
Imeline Teadus 2020 / lk. 20 : fot https://www.ester.ee/record=b2747925*est

Eestlaste toidulaud on kiudainevaene
Eesti Elu : [Kanada ajaleht] 2020 / lk. 7

Effect of stress pretreatment on survival of probiotic bacteria in gastrointestinal tract simulator
Sumeri, Ingrid; Arike, Liisa; Stekolštšikova, Jelena; Uusna, Riin; Adamberg, Signe; Adamberg, Kaarel; Paalme, Toomas Applied microbiology and biotechnology 2010 / 6, p. 1925-1931 : ill <https://pubmed.ncbi.nlm.nih.gov/20107984/>

Eksperdid arutlevad: kas mahetoit teeb meid tervemaks?
Ilves, Liis geenius.ee 2025 <https://tervise.geenius.ee/rubriik/heatervis/eksperdid-arutlevad-kas-mahetoit-teeb-meid-tervemaks/>

Engineered resistant-starch (ERS) diet shapes colon microbiota profile in parallel with the retardation of tumor growth in In Vitro and In Vivo pancreatic cancer models
Panebianco, Concetta; **Adamberg, Kaarel; Adamberg, Signe; Jaagura, Madis; Kolk, Kaia; Vilu, Raivo** Nutrients 2017 / art. 331, p. 1-16 : ill <https://doi.org/10.3390/nu9040331> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Enzymatic synthesis and ways of further treatment of fructooligosaccharides and polymeric levan for prebiotic efficiency studies
Mardo, Karin; Visnapuu, Triinu; Aasamets, Anneli; Viigand, Katrin; Bondarenko, Olesja; Vija, Heiki; **Adamberg, Kaarel; Adamberg, Signe; Alamäe, Tiina** New biotechnology 2016 / p. S122-S123 <https://doi.org/10.1016/j.nbt.2016.06.1148>

Escherichia coli achieves faster growth by increasing catalytic and translation rates of proteins
Valgepea, Kaspar; Adamberg, Kaarel; Seiman, Andrus; Vilu, Raivo TÜ ja TTÜ doktorikool "Funktsionaalsed materjalid ja tehnoloogiad" : 04.-05. märts 2014, Tartu 2014 / [1] p

Escherichia coli achieves faster growth by increasing catalytic and translation rates of proteins
Valgepea, Kaspar; Adamberg, Kaarel; Seiman, Andrus; Vilu, Raivo Molecular biosystems 2013 / p. 2344-2358 : ill <https://doi.org/10.1039/c3mb70119k> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Excess of threonine compared with serine promotes threonine aldolase activity in Lactococcus lactis IL1403
Aller, Kadri; Adamberg, Kaarel; Reile, Indrek; Timarova, Veronica; Peebo, Karl; Vilu, Raivo Microbiology 2015 / p. 1073-1080 : ill <https://doi.org/10.1099/mic.0.000071> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Fermentation of carbohydrates from cheese sources by non-starter lactic acid bacteria isolated from semi-hard Danish cheese
Adamberg, Kaarel; Antonsson, M.; Kask, Signe IDF Symposium on Cheese: Ripening, Characterization and Technology : book of abstracts 2004 / p. 33

Fermentation of carbohydrates from cheese sources by non-starter lactic acid bacteria isolated from semi-hard Danish

cheese

Adamberg, Kaarel; Antonsson, M.; Vogensen, Finn K.; Nielsen, E.W.; **Kask, Signe**; Moller, Peter L.; Ardö, Ylva International dairy journal 2005 / 6/9, p. 873-882

Functional food ingredients : metabolism of fructans by Bacteroides thetaiotaomicron and colon microbiota studied by isothermal microcalorimetry

Adamson, Signe; Tomson, Katrin; Vija, Heiki; **Puurand, Marju**; **Adamberg, Kaarel** 2nd Congress of Baltic Microbiologists : Tartu, Estonia, 17-18 October, 2014 2014

Growth characteristics of non-starter lactic acid bacteria from cheese

Adamberg, Kaarel 2004 http://www.ester.ee/record=b1989773*est

Hea leiva keemia ehk mis toimub leivataina sees ja kuidas see mõjub seedimisele?

Adamberg, Kaarel; **Adamberg, Signe** omamaitse.delfi.ee 2024 [Hea leiva keemia ehk mis toimub leivataina sees ja kuidas see mõjub seedimisele?](http://omamaitse.delfi.ee/2024/04/01/hea-leiva-keemia-ehk-mis-toimub-leivataina-sees-ja-kuidas-see-mojub-seedimisele/)

Hea teada! Bio- ja toiduainetetehnoloog Kaarel Adamberg põhjendab ära, miks enamik dieete on mõeldud lühiajaliseks katsetamiseks [Võrguväljaanne]

Adamberg, Kaarel omamaitse.delfi.ee 2020 [Hea teada!](http://omamaitse.delfi.ee/2020/04/01/hea-teada/)

Helikobakter – mustade käte haigus. Teadur: kui see on peres, haigestuvad tõenäoliselt ka lapsed

Adamberg, Kaarel; **Spuul, Pirjo** tervispluss.delfi.ee 2025 <https://tervispluss.delfi.ee/artikkel/120387587/kuula-helikobakter-mustade-kate-haigus-teadur-kui-see-on-peres-haigestuvad-toenaoliselt-ka-lapsed>

Herned, läätsed ja oad on parimad valguallikad! Kuidas ja kui palju kaunvilju süüa ja kuidas seedesüsteemi nendega harjutada

Adamberg, Signe; **Adamberg, Kaarel** omamaitse.delfi.ee 2025 <https://omamaitse.delfi.ee/artikkel/120369027/tunne-toitu-herned-laatsed-ja-oad-on-parimad-valguallikad-kuidas-ja-kui-palju-kaunvilju-suua-ja-kuidas-seedesusteemi-nendega-harjutada>

Hooaja teaduslugu: kui kaua säilib purki pandud moos?

Kas 10 aastat tagasi tehtud moosi võib süüa?

postimees.ee 2025 <https://www.am.ee/node/9243> <https://maaelu.postimees.ee/8282444/kas-10-aastat-tagasi-tehtud-moosi-voib-suua>

Identification and relative quantification of proteins in Escherichia coli proteome by “up-front” collision-induced dissociation

Arike, Liisa; **Nahku, Ranno**; **Borissova, Maria**; **Adamberg, Kaarel**; **Vilu, Raivo** European journal of mass spectrometry 2010 / 2, p. 227-235 <https://pubmed.ncbi.nlm.nih.gov/20212332/>

Increased biomass yield of Lactococcus lactis by reduced overconsumption of amino acids and increased catalytic activities of enzymes

Adamberg, Kaarel; **Seiman, Andrus**; **Vilu, Raivo** PLoS ONE 2012 / p. e48223 <https://pubmed.ncbi.nlm.nih.gov/23133574/>

Influence of gemcitabine chemotherapy on the microbiota of pancreatic cancer xenografted mice

Panebianco, Concetta; **Adamberg, Kaarel**; **Jaagura, Madis**; **Adamberg, Signe**; **Kolk, Kaia**; **Vilu, Raivo**; **Andriulli, Angelo**; **Pazienza, Valerio** Cancer chemotherapy and pharmacology 2018 / p. 773–782 : ill <https://doi.org/10.1007/s00280-018-3549-0> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Influence of glucose on the kinetics of whey protein hydrolysis by trypsin and effect of whey protein hydrolysis products on the growth of bacteria

Adamberg, Kaarel; **Kostyra, H.**; **Swiatecki, A.** Food and nutrition = Toit ja toitumine 2003 / p. 21-33 : ill

Influence of nonenzymatic glycosylation of whey proteins and concentration of glucose on their hydrolysis by trypsin and growth and survival of selected bacteria

Adamberg, Kaarel; **Kostyra, H.**; **Kostyra, E.** Milchwissenschaft = Milk science international 2005 / 4, p. 422-426 <https://www.semanticscholar.org/paper/Influence-of-non-enzymatic-glycosylation-of-whey-of-Adamberg-Kostyra/cd0dff0ba071aea2e324aff612e5618368e06032>

Inhibition of pyruvate dehydrogenase kinase influence microbiota and metabolomic profile in pancreatic cancer xenograft mice

Adamberg, Kaarel; **Vilu, Raivo**; **Pazienza, Valerio** BMC Research Notes 2020 / art. 540 <https://doi.org/10.1186/s13104-020-05384-9> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Ise vaaritatud marjamoos hellitab tervist

Kivipõld, Karin; **Adamberg, Signe**; **Adamberg, Kaarel** Postimees 2017 / lk. 26-27

Isothermal microcalorimetry as an innovative in vitro approach for assessing the effect of food fibres on human gut microbiome

Part, Natalja; Viiard, Ene; **Jaagura, Madis; Adamberg, Signe; Adamberg, Kaarel** 5th Central and Eastern European Conference on Thermal Analysis and Calorimetry & 14th Mediterranean Conference on Calorimetry and Thermal Analysis, 27-30 August 2019, Roma, Italy: CEEC-TAC5 & Medicta2019 : book of abstracts 2019 / p. 221 <http://www.ceec-tac.org/download.php?file=/download/BoA%20CEEC-TAC5%20Medicta2019.pdf>

Jahu poolt ja vastu, gluteeni poolt ja vastu

Adamberg, Signe; Adamberg, Kaarel Oma Maitse 2025 / lk. 66-68 <https://dea.digar.ee/article/AKomamaitse/2025/09/0/36.1>

Just seepärast on hea külmutamisel marjadele suhkrut lisada

postimees.ee 2025 <https://maaelu.postimees.ee/8299653/just-seeparast-on-hea-kulmutamisel-marjadele-suhkrut-lisada>

Juustu juhusliku mikrofloora piimhappebakterite kasvu uurimine süsivesikutevaeses keskkonnas

Adamberg, Kaarel; Kask, Signe; Laht, Tiit-Maie; Paalme, Toomas XXVIII Eesti keemiapäevad : teaduskonverentsi ettekannete teesid = 28th Estonian Chemistry Days : abstracts of scientific conference 2002 / lk. 17-18

Kas minu jõulusöök on liiga rammus? Vaata kaloritabelit

Adamberg, Signe; Adamberg, Kaarel postimees.ee 2022 / Lk. 21 <https://dea.digar.ee/article/postimees/2022/12/23/20.2>

Kas tead, mida sööd? Ultratöödeldud toite poest ei leia, aga ometi on need meie toidulaua

Adamberg, Kaarel; Adamberg, Signe delfi.ee 2025 <https://omamaitse.delfi.ee/artikkel/120351774/kas-tead-mida-sood-ultratoodeldud-toite-poest-ei-leia-aga-ometi-on-need-meie-toidulaua>

Kas vajame toiduvärve?

Adamberg, Kaarel Eesti Loodus 2023 / lk. 18-20 : fot http://www.ester.ee/record=b1072059*est

Kogu tõe seedimisest. Tulevik on juba käes ehk kuula, miks on meile peagi vaja fekaalidoonoreid? : Oma Maitse podcasti Toidujutud

Kirikal, Siiri; Teder, Teele omamaitse.delfi.ee 2023 [Kogu tõe seedimisest](https://omamaitse.delfi.ee/record=b1072059*est)

Kui kaua tuleb jalutada, et kulutada ära vastlakuklist saadud kalorit?

Adamberg, Signe; Adamberg, Kaarel postimees.ee 2025 <https://maaelu.postimees.ee/8202639/kui-kaua-tuleb-jalutada-et-kulutada-ara-vastlakuklist-saadud-kalorit>

Kui kaua võib purki pandud moosi muretult süüa?

Adamberg, Signe; Adamberg, Kaarel postimees.ee 2025 <https://tervis.postimees.ee/8282586/kui-kaua-voib-purki-pandud-moosi-muretult-syua>

Kui tervislikud on vastlatoidud?

digi.geenius.ee 2025 <https://digi.geenius.ee/blogi/teadus-ja-tulevik/kui-tervislikud-on-vastlatoidud/>

Kuidas teha maitsvaid kuivatatud puuvilju kodus?

Adamberg, Kaarel; Adamberg, Signe goodnews.ee 2024 [Kuidas teha maitsvaid kuivatatud puuvilju kodus?](https://goodnews.ee/record=b1072778*est)

Kuperjanovi pataljoni ajateenijate toitumine ja selle mõju nende tervisenäitajatele

Adamberg, Signe; Pitsi, Tagli; Vene, Kristel; Adamberg, Kaarel Sõjateadlane = Estonian journal of military studies 2023 / lk. 147-173 : ill [Kuperjanovi pataljoni ajateenijate toitumine ja selle mõju nende tervisenäitajatele](https://www.ester.ee/record=b4555087*est) https://www.ester.ee/record=b4555087*est

Kõhubakterite kuningriik - tervise tagala

Adamberg, Kaarel Postimees 2021 / Lk. 2 https://www.ester.ee/record=b1072778*est

Kõhutervise audit. Häid kõhubaktereid toKuidas toetada oma teist aju ehk mikrobiomi? Millega toita häid kõhubaktereid?

Adamberg, Kaarel tervispluss.delfi.ee 2024 [Kõhutervise audit. Häid kõhubaktereid toKuidas toetada oma teist aju ehk mikrobiomi? Millega toita häid kõhubaktereid?](https://tervispluss.delfi.ee/record=b1072778*est)

Lean-proteome strains - next step in metabolic engineering

Valgepea, Kaspar; **Peebo, Karl; Adamberg, Kaarel; Vilu, Raivo** Frontiers in bioengineering and biotechnology 2015 / p. 1-4 <https://doi.org/10.3389/fbioe.2015.00011> [Journal metrics at Scopus](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first) [Article at Scopus](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first) [Journal metrics at WOS](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first) [Article at WOS](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first)

Levan enhances associated growth of Bacteroides, Escherichia, Streptococcus and Faecalibacterium in fecal microbiota

Adamberg, Kaarel; Tomson, Katrin; Talve, Tiina; Pudova, Ksenia; Puurand, Marju; Visnapuu, Triinu; Alamäe, Tiina; Adamberg, Signe PLoS ONE 2015 / p. 1-18 : ill <https://doi.org/10.1371/journal.pone.0144042> [Journal metrics at Scopus](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first) [Article at Scopus](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first) [Journal metrics at WOS](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first) [Article at WOS](https://scopus.com/record/display.uri?eid=2-s2.0-85115141111&origin=page-first)

Liiga palju kõõgivilju pole ka tervisele kasulik! Roheliste lehtkõõgiviljade omastamise eripärad

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2024 [Liiga palju kõõgivilju pole ka tervisele kasulik! Roheliste lehtkõõgiviljade omastamise eripärad](#)

Liiga palju või liiga vähe seedeensüüme viib meid üsna pea rivist välja. Mida teha, et neid oleks parasjagu?

Adamberg, Signe; Adamberg, Kaarel delfi.ee 2024 [Liiga palju või liiga vähe seedeensüüme viib meid üsna pea rivist välja. Mida teha, et neid oleks parasjagu?](#)

Low-carbohydrate high-fat weight reduction diet induces changes in human gut microbiota

Jaagura, Madis; Viirard, Ene; Karu-Lavits, Kärtin; Adamberg, Kaarel MicrobiologyOpen 2021 / art. e1194
<https://doi.org/10.1002/mbo3.1194> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Lugeja küsib: mida süüa, et matkapäev vastu pidada?

Adamberg, Kaarel; Adamberg, Signe novaator.err.ee 2023 [Lugeja küsib: mida süüa, et matkapäev vastu pidada?](#)

Lähed matkama? Teadlaste 9 soovitus, mida süüa või kaasa võtta

Adamberg, Kaarel; Adamberg, Signe goodnews.ee 2024 [Lähed matkama? Teadlaste 9 soovitus, mida süüa või kaasa võtta](#)

Media development experiments for lactic acid bacteria : stressful, yet useful

Aller, Kadri; Adamberg, Kaarel; Timarova, Veronica; Vilu, Raivo TÜ ja TTÜ doktorikool "Funktsionaalsed materjalid ja tehnoloogiad" : 04.-05. märts 2014, Tartu 2014 / [1] p

Metabolic pathways of human microbiota co-utilization of fibres and colonic mucins : [manuscript]

Raba, Grete; Luis, Ana S.; Schneider, Hannah; Morell, Indrek; Jin, Cunsheng; Adamberg, Signe; Hansson, Gunnar C.; Adamberg, Kaarel; Arike, Liisa 2023

Metabolic peculiarities of lactic acid bacteria enabling their growth in cheese

Adamberg, Kaarel; Kask, Signe; Laht, Tiit-Maie; Paalme, Toomas Proceedings & abstracts of the 18th International ICFMH Symposium "Food Micro 2002", Lillehammer, Norway, 18-23 August, 2002 2002 / p. 178

Metaproteomics reveals parallel utilization of colonic mucin glycans and dietary fibers by the human gut microbiota

Raba, Grete; Luis, Ana S.; Schneider, Hannah; Morell, Indrek; Jin, Chunsheng; Adamberg, Signe; Hansson, Gunnar C.; Adamberg, Kaarel; Arike, Liisa Iscience 2024 / art. 110093 <https://doi.org/10.1016/j.isci.2024.110093> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Microbiome of root vegetables - a source of gluten degrading bacteria

Kõiv, Viia; Adamberg, Kaarel; Adamberg, Signe; Tenson, Tanel 14th Baltic Conference on Food Science and Technology "Sustainable Food for Conscious Consumer" : FoodBalt 2021 : book of abstracts 2021 / p. 33
https://tftak.eu/foodbalt/assets/files/Foodbalt_Book_of_Abstacts.pdf

Microbiome of root vegetables - a source of gluten-degrading bacteria

Kõiv, Viia; Adamberg, Kaarel; Adamberg, Signe; Sumeri, Ingrid; Kasvandik, Sergo; Kisand, Veljo; Maiväli, Ülo; Tenson, Tanel Applied microbiology and biotechnology 2020 / p. 8871-8885 : ill <https://doi.org/10.1007/s00253-020-10852-0> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Microcalorimetric study of the growth of Streptococcus thermophilus in renneted milk

Stulova, Irina; Kabanova, Natalja; Kriščiunaite, Tiina; Adamberg, Kaarel; Laht, Tiit-Maie; Vilu, Raivo Frontiers in microbiology 2015 / p. 1-13 : ill <https://doi.org/10.3389/fmicb.2015.00079> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Mida matkal süüa ja juua ning mida vältida

Adamberg, Kaarel; Adamberg, Signe virtuaalkliinik.ee 2023 [Mida matkal süüa ja juua ning mida vältida](#)

Mida me õigupoolest ostame ja kas seda peaks üldse sööma?

Kivi, Eva-Lotta Maaleht 2020 / lk. 14-16 : portr <https://maaleht.delfi.ee/uudised/suur-torditest-millist-torti-tasub-osta-ja-milline-on-targem-jatta-poeriuile?id=89093859> https://www.ester.ee/record=b1072541*est

Miks enamik dieete on mõeldud lühiajaliseks katsetamiseks?

Adamberg, Kaarel Oma Maitse 2020 / lk. 59-60 : fot https://www.ester.ee/record=b2069719*est

Miks marjad on paremad kui puuviljad?

Adamberg, Kaarel; Adamberg, Signe Oma Maitse 2024 / lk. 34-36 : ill https://www.ester.ee/record=b2069719*est

Miks on vaja toita mikroorganisme meie kõhus?

Käärt, Ulvar Horisont 2017 / lk. 42-44 : fot http://www.ester.ee/record=b1072243*est

Miks süüa kama?

Adamberg, Kaarel Postimees 2024 / p. 24-25 <https://dea.digar.ee/article/postimees/2024/02/23/31.2>

Milline võiks olla eestlase jõulusöök?

Adamberg, Kaarel; Adamberg, Signe postimees.ee 2024 [Milline võiks olla eestlase jõulusöök?](#)

Milliste pähklite ja seemnete poole tasub pilk pöörata ja kuidas neist parim välja võluda?

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2024 [Milliste pähklite ja seemnete poole tasub pilk pöörata ja kuidas neist parim välja võluda?](#)

Mina, superorganism : lugu bakterite ja inimese kooselust : näituse kataloog = Я, суперорганизм! : история о сожительстве бактерии и человека : каталог выставки = Me, superorganism! : tale about the untold story of bacteria : exhibition catalogue

2019 https://www.ester.ee/record=b5255688*est

Mis on see mõnus suvetoit, millega teadlased ei soovita liialdada?

postimees.ee 2023 [Mis on see mõnus suvetoit, millega teadlased ei soovita liialdada?](#)

A model of swiss-type cheese ripening

Laht, Tiit-Maie; Kask, Signe; Adamberg, Kaarel; Tomson, Katrin; Paalme, Toomas; Vilu, Raivo IDF Symposium on Cheese : Ripening, Characterization and Technology, Prague, Czech Republic, March 21–25, 2004 : book of abstracts 2004 / p. 75 <https://www.ukidf.org/documents/absbookmar04.pdf>

Modification of A-stat for the characterization of microorganisms

Kasemets, Kaja; Drews, Monika; Nisamedtinov, Ildar; Adamberg, Kaarel; Paalme, Toomas Journal of microbiological methods 2003 / p. 187-200 : ill <https://www.sciencedirect.com/science/article/pii/S016770120300143X>

Multi-omics approach to study the growth efficiency and amino acid metabolism in Lactococcus lactis at various specific growth rates

Lahtvee, Petri-Jaan; Adamberg, Kaarel; Arike, Liisa; Nahku, Ranno; Aller, Kadri; Vilu, Raivo Microbial cell factories 2011 / Article no. 12 <https://microbialcellfactories.biomedcentral.com/articles/10.1186/1475-2859-10-12>

Multiplying steady-state culture in multi-reactor system

Erm, Sten; Adamberg, Kaarel; Vilu, Raivo Bioprocess and biosystems engineering 2014 / p. 2361-2370 : ill <https://doi.org/10.1007/s00449-014-1214-5> Journal metrics at Scopus Article at Scopus Journal metrics at WOS Article at WOS

Muna on imeline söök

Adamberg, Signe; Adamberg, Kaarel Horisont 2025 / lk. 7 : fot https://www.ester.ee/record=b1072243*est

Märksõna toidupakendilt, mida igaüks peaks teadma: millist terviseriski kujutavad endast peidetud hüdrogeenitud rasvad ehk margariinid?

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2024 [Märksõna toidupakendilt, mida igaüks peaks teadma: millist terviseriski kujutavad endast peidetud hüdrogeenitud rasvad ehk margariinid?](#)

Mürk ei ole, kuid turvaline ka mitte. TalTechi teaduri hinnangul võiks aspartaami tarbimist võimaluse korral vältida

Kaaver, Krista arileht.delfi.ee 2023 [Mürk ei ole, kuid turvaline ka mitte. TalTechi teaduri hinnangul võiks aspartaami tarbimist võimaluse korral vältida](#)

Nitritid, nitraadid, fosfaadid on grilltoodetes tavalised lisaained. Milleks neid kasutatakse?

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2025 <https://omamaitse.delfi.ee/artikkel/120376676/tunne-toitu-nitritid-nitraadid-fosfaadid-on-grilltoodetes-tavalised-lisaained-milleks-neid-kasutatakse>

Nutritional requirements and media development for Lactococcus lactis IL1403

Aller, Kadri; Adamberg, Kaarel; Timarova, Veronica; Seiman, Andrus; Feštšenko, Darja; Vilu, Raivo Applied microbiology and biotechnology 2014 / p. 5871-5881 : ill <https://doi.org/10.1007/s00253-014-5641-7> Journal metrics at Scopus Article at Scopus Journal metrics at WOS Article at WOS

Overcoming donor variability and risks associated with fecal microbiota transplants through bacteriophage-mediated treatments

Rasmussen, Torben Sølbeck; Mao, Xiaotian; Forster, Sarah; Larsen, Sabina Birgitte; Von Münchow, Alexandra; Tranæs, Kaare Dyekær; Brunse, Anders; Larsen, Frej; Mejia, Josue Leonardo Castro; Adamberg, Signe; Hansen, Axel Kornerup; Adamberg, Kaarel; Hansen, Camilla Hartmann Friis; Nielsen, Dennis Sandris Microbiome 2024 / art. 119 <https://doi.org/10.1186/s40168-024-01820-1> Journal metrics at Scopus Article at Scopus Journal metrics at WOS Article at WOS

Parem pool muna kui tühi koor

Adamberg, Kaarel; Adamberg, Signe Oma Maitse 2025 / lk. 44-15 : fot https://www.ester.ee/record=b2069719*est

Physiological properties of *Lactobacillus paracasei*, *L. danicus* and *L. curvatus* strains isolated from Estonian semi-hard cheese

Kask, Signe; Adamberg, Kaarel; Orlowski, Andrzej; Vogensen, Finn K.; Møller, Peter L.; Ardö, Ylva; **Paalme, Toomas** Food research international 2003 / 9/10, p. 1037-1046 <https://www.sciencedirect.com/science/article/pii/S0963996903001273>

Piimas on põlatud nii rasva kui suhkruid, kuid otsustav on hoopis toitainete kooskõla

Adamberg, Signe; Adamberg, Kaarel Oma Maitse 2024 / lk. 67-69 https://www.ester.ee/record=b2069719*est

Prevotella enterotype associates with diets supporting acidic faecal pH and production of propionic acid by microbiota

Adamberg, Signe; Adamberg, Kaarel Heliyon 2024 / art. e31134 <https://doi.org/10.1016/j.heliyon.2024.e31134> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Protein turnover forms one of the highest maintenance costs in *Lactococcus lactis*

Lahtvee, Petri-Jaan; Seiman, Andrus; **Arike, Liisa; Adamberg, Kaarel; Vilu, Raivo** Microbiology 2014 / p.1501-1512 : ill <https://doi.org/10.1099/mic.0.078089-0> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Proteome reallocation in *Escherichia coli* with increasing specific growth rate

Peebo, Karl; Valgepea, Kaspar; **Maser, Andres;** Nahku, Ranno; **Adamberg, Kaarel; Vilu, Raivo** Molecular biosystems 2015 / p. 1184-1193 : ill <https://doi.org/10.1039/c4mb00721b> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Pähtlikid ja seemned kui suurepäraseid terviktoidu esindajad

Adamberg, Kaarel; Adamberg, Signe Oma Maitse 2024 / lk. 42-44 : fot https://www.ester.ee/record=b2069719*est

Püsi aasta ringi rannavormis!

Adamberg, Signe; Adamberg, Kaarel Tervis : teemaleht : [ajalehe Õhtuleht lisa] 2023 / Lk. 8-9 <https://dea.digar.ee/article/oltervis/2023/09/05/18>

Quantitative omics-level analysis of growth rate dependent energy metabolism in *Lactococcus lactis* = Kvantitatiivsetel oomika-meetoditel põhinev kasvu kiirusest sõltuv *Lactococcus lactis*'e energiametabolismi analüüs

Lahtvee, Petri-Jaan 2012 https://www.ester.ee/record=b2931362*est

Quantitative proteomics of *Escherichia coli* : from relative to absolute scale = Kvantitatiivne *Escherichia coli* proteoomika : relatiivsetest numbritest absoluutsete kogusteni

Arike, Liisa 2012 http://www.ester.ee/record=b2931221*est

Quasi steady state growth of *Lactococcus lactis* in glucose-limited acceleration stat (A-stat) cultures

Adamberg, Kaarel; Lahtvee, Petri-Jaan; Valgepea, Kaspar; Abner, Kristo; Vilu, Raivo Antonie van Leeuwenhoek 2009 / 3, p. 219-226 <https://pubmed.ncbi.nlm.nih.gov/19184516/>

Reproducible chemostat cultures to eliminate eukaryotic viruses from fecal transplant material

Adamberg, Signe; Rasmussen, T.; Larsen, S. B.; Mao, X.; Nielsen, D. S.; **Adamberg, Kaarel** bioRxiv 2023 / 21 p <https://doi.org/10.1101/2023.03.15.529189>

Reproducible chemostat cultures to minimize eukaryotic viruses from fecal transplant material

Adamberg, Signe; Rasmussen, Torben Sølbeck; Larsen, Sabina Brigitte; **Mao, Xiaotian;** Nielsen, Dennis Sandris; **Adamberg, Kaarel** Iscience 2024 / art. 110460 <https://doi.org/10.1016/j.isci.2024.110460> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

A reproducible enteric phage community improves blood glucose regulation in an obesity mouse model

Mao, Xiaotian; Larsen, Sabina Birgitte; Zachariassen, Sidsel Fisker; **Adamberg, Signe; Adamberg, Kaarel** bioRxiv 2023 / 27 p <https://doi.org/10.1101/2023.03.20.532903> <https://www.biorxiv.org/content/biorxiv/early/2023/03/20/2023.03.20.532903.full.pdf>

Roheliste lehtkõõgiljade omastamise eripärad

Adamberg, Kaarel; Adamberg, Signe Oma Maitse 2024 / lk. 70-72 : ill https://www.ester.ee/record=b2069719*est

Role of arginine in the development of secondary microflora in Swiss-type cheese

Laht, Tiit-Maie; Kask, Signe; Elias, P.; **Adamberg, Kaarel; Paalme, Toomas** International dairy journal 2002 / p. 831-840 : ill

Seedimiskiirus mõjutab inimese soolebaktereid

Adamberg, Signe; Adamberg, Kaarel Äripäev 2019 / Terviseuudised, lk. 7

Selection of fast and slow growing bacteria from fecal microbiota using continuous culture with changing dilution rate

Adamberg, Kaarel; Adamberg, Signe Microbial ecology in health and disease 2018 / art. 1549922, [12] p. : ill <https://doi.org/10.1080/16512235.2018.1549922> [Eesti teadlased: inimene saab oma soolebaktereid otseselt mõjutada](#) [Mida kauem on toit](#)

[soolestikus, seda rohkem tekib seal "aeglasi" baktereid](#)

Self-reproduction and doubling time limits of different cellular subsystems

Abner, Kristo; Šverns, Peter; Arold, Janar; Morell, Indrek; Lints, Taivo; Medri, Sander; Seiman, Andrus; Adamberg, Kaarel; Vilu, Raivo npj systems biology and applications 2023 / art. 44, 10 p. : ill <https://doi.org/10.1038/s41540-023-00306-4> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

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](#)

Single bioreactor gastrointestinal tract simulator for study of survival of probiotic bacteria

Sumeri, Ingrid; Arike, Liisa; Adamberg, Kaarel; Paalme, Toomas Applied microbiology and biotechnology 2008 / 2, p. 317-324 <https://pubmed.ncbi.nlm.nih.gov/18581109/>

Single-cell model of prokaryotic cell cycle

Abner, Kristo; Aaviksaar, Tõnis; Adamberg, Kaarel; Vilu, Raivo Journal of theoretical biology 2014 / p. 78-87 : ill <https://doi.org/10.1016/j.jtbi.2013.09.035> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Specific growth rate dependent transcriptome profiling of Escherichia coli K12 MG1655 in accelerostat cultures

Nahku, Ranno; Valgepea, Kaspar; Lahtvee, Petri-Jaan; Erm, Sten; Abner, Kristo; Adamberg, Kaarel; Vilu, Raivo Journal of biotechnology 2010 / 1, p. 60-65 <https://www.sciencedirect.com/science/article/pii/S0168165609004726>

Specific selection of microbial consortia by continuous cultivation for future probiotics

Adamberg, Kaarel; Raba, Grete; Adamberg, Signe 14th Baltic Conference on Food Science and Technology "Sustainable Food for Conscious Consumer" : FoodBalt 2021 : book of abstracts 2021 / p. 16

Steady state growth space study of Lactococcus lactis in D-stat cultures

Lahtvee, Petri-Jaan; Valgepea, Kaspar; Nahku, Ranno; Abner, Kristo; Adamberg, Kaarel; Vilu, Raivo Antonie van Leeuwenhoek 2009 / 4, p. 487-496 <https://pubmed.ncbi.nlm.nih.gov/19603284/>

Stock culture heterogeneity rather than new mutational variation complicates short-term cell physiology studies of Escherichia coli K-12 MG1655 in continuous culture

Nahku, Ranno; Peebo, Karl; Valgepea, Kaspar; Barrick, Jeffrey E.; Adamberg, Kaarel; Vilu, Raivo Microbiology 2011 / p. 2604-2610 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3352173/>

Study of Cells in the Steady State Growth Space : chapter 9

Erm, Sten; Abner, Kristo; Seiman, Andrus; Adamberg, Kaarel; Vilu, Raivo Continuous biomanufacturing I innovative technologies and methods : innovative technologies and methods 2017 / p. 233-258 <https://doi.org/10.1002/9783527699902.ch9>

Study of cheese associated lactic acid bacteria under carbohydrate-limited conditions using D-stat cultivation

Adamberg, Kaarel; Adamberg, Signe; Laht, Tiit-Maie; Ardö, Ylva; Paalme, Toomas Food biotechnology 2006 / 2, p. 143-160 : ill <https://www.tandfonline.com/doi/abs/10.1080/08905430600709412>

Survival and synergistic growth of mixed cultures of bifidobacteria and lactobacilli combined with prebiotic oligosaccharides in a gastrointestinal tract simulator

Adamberg, Signe; Sumeri, Ingrid; Uusna, Riin; Adamberg, Kaarel Microbial ecology in health and disease 2014 / p. 1-9 : ill

Suvised nõuanded teadlastelt – mis on hapendamine ja mida tasub hapendada?

Rohtla, Eve postimees.ee 2024 [Suvised nõuanded teadlastelt – mis on hapendamine ja mida tasub hapendada?](#)

Suvised nõuanded teadlastelt – mis on hapendamine ja mida tasub hapendada?

Adamberg, Kaarel; Adamberg, Signe goodnews.ee 2024 [Suvised nõuanded teadlastelt – mis on hapendamine ja mida tasub hapendada?](#)

SÕO KAALUSÕBRALIKULT! Eesti toiduteadlased annavad 19 soovitus, kuidas püsida kogu aasta rannavormis

Maasikamäe, Sirje ohtuleht.ee 2023 [SÕO KAALUSÕBRALIKULT! Eesti toiduteadlased annavad 19 soovitus, kuidas püsida kogu aasta rannavormis](#)

Synthesis of raffinose-derived potential prebiotics by bacterial levansucrase and their effects on composition and metabolism of fecal microbiota of normal - and overweight children

Visnapuu, Triinu; Ermits, Karin; Adamberg, Signe; Jaagura, Madis; Larionova, Anneli; Voor, Tiia; Adamberg, Kaarel; Alamäe, Tiina Acta biochimica Polonica 4th Congress of Baltic Microbiologists : 10–12th September 2018, Gdańsk, Poland : book of abstracts 2018 / p. 7-11 http://www.actabp.pl/#Archiwum?..supl/1_2018.html http://www.actabp.pl/pdf/Supl1_18/SessionI.pdf

Systems biology approach reveals that overflow metabolism of acetate in Escheria coli is triggered by carbon catabolite repression of acetyl-CoA synthetase

Valgepea, Kaspar; **Adamberg, Kaarel**; Nahku, Ranno; Lahtvee, Petri-Jaan; Arike, Liisa; **Vilu, Raivo** BMC systems biology 2010 / p. 166 <https://pubmed.ncbi.nlm.nih.gov/21122111/>

Tatar ja toortatar – mis neil vahet?

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2025 [Tatar ja toortatar – mis neil vahet?](#)

Tatart süües mõtle, et just see toit on kõhubakterite lemmik ja suurepärase valguallikas

Adamberg, Kaarel; Adamberg, Signe delfi.ee 2025 [Tatart süües mõtle, et just see toit on kõhubakterite lemmik ja suurepärase valguallikas](#)

Teadlased annavad nõu: kui grillite, siis pidage just neid asju meeles

Adamberg, Kaarel; Adamberg, Signe goodnews.ee 2024 [Teadlased annavad nõu: kui grillite, siis pidage just neid asju meeles](#)

Tervis algab korras kõhust

Vikat, Marilin; **Adamberg, Kaarel** Postimees 2018 / lk. 24 [Kesise toidulaua korral põhjustavad soolebakterid tõsiseid haigusi](#)

Tervislikult süüa nagu 100 aastat tagasi

Jõesaar, Tuuli Tervis Pluss 2020 / lk. 82-85 : fot https://www.ester.ee/record=b1453514*est

The composition and metabolism of faecal microbiota is specifically modulated by different dietary polysaccharides and mucin : an isothermal microcalorimetry study

Adamberg, Kaarel; Kolk, Kaia; Jaagura, Madis; Vilu, Raivo; Adamberg, Signe Beneficial microbes 2018 / p. 21-34 : ill <https://doi.org/10.3920/BM2016.0198> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

The composition of faecal microbiota is related to the amount and variety of dietary fibres

Adamberg, Kaarel; Jaagura, Madis; Aaspõllu, Anu; Nurk, Eha; **Adamberg, Signe** 14th Baltic Conference on Food Science and Technology "Sustainable Food for Conscious Consumer" : FoodBalt 2021 : book of abstracts 2021 / p. 17

The effect of change of temperature and pH on the growth of lactic acid bacteria.pH auxostat. Study

Adamberg, Kaarel; Kask, Signe; Laht, Tiiu-Maie; Paalme, Toomas Proceedings & abstracts of the 18th International ICFMH Symposium "Food Micro 2002", Lillehammer, Norway, 18-23 August, 2002 2002 / p. 179

The effect of change of temperature and pH on the growth of lactic acid bacteria.pH auxostat. Study

Adamberg, Kaarel; Kask, Signe; Laht, Tiiu-Maie; Paalme, Toomas 7th Symposium on Lactic Acid Bacteria - Genetics, Metabolism and Applications, Egmond aan Zee, The Netherlands, 1-5 September, 2002 : book of abstracts 2002

The Effect of Diet and Dietary Fiber on the Human Gut Microbiota in vitro and in vivo = Toitumise ja kiudainete mõju inimese seedetrakti mikrobiotale in vitro ja in vivo

Jaagura, Madis 2021 https://www.ester.ee/record=b5468551*est <https://digikogu.taltech.ee/et/Item/36a9b389-2501-4e64-a9d2-681d54cbea52> <https://doi.org/10.23658/taltech.50/2021>

The effect of temperature and pH on the growth of lactic acid bacteria : a pH-auxostat study

Adamberg, Kaarel; Kask, Signe; Laht, Tiiu-Maie; Paalme, Toomas International journal of food microbiology 2003 / p. 171-183 : ill

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](#)

The study of fructan metabolism by fecal culture in isothermal microcalorimeter

Adamberg, Kaarel; Tomson, Katrin; Visnapuu, Triinu; **Adamberg, Signe** 2014 ENGIHR Conference : The Gut Microbiota Throughout Life : Max Rubner-Institut, Karlsruhe (Germany), 24th-26th September 2014 / [3] p. : ill

Toidu nimetusest peab selguma, millega on tegu

tervispluss.delfi.ee 2024 [Toidu nimetusest peab selguma, millega on tegu](#)

Toiduteadlane: ühekülgne toitumine on nisust märksa suurem probleem

Adamberg, Kaarel novaator.err.ee 2025 <https://novaator.err.ee/1609769385/toiduteadlane-uehekulgne-toitumine-on-nisust-marksa-suurem-probleem>

Toiduteadlased kinnitavad: ühest õunast päevas tegelikult ei piisa. Palju neid siis süüa tuleks, et kasu ka oleks?

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2025 <https://omamaitse.delfi.ee/artikkel/120386590/tunne-toitu-toiduteadlased-kinnitavad-uest-ounast-paevast-tegelikult-ei-piisa-palju-neid-siis-syua-tuleks-et-kasu-ka-oleks>

Toiduteadlased: Mitu muna võiks päevas süüa?

Adamberg, Signe; Adamberg, Kaarel postimees.ee 2025 <https://teadus.postimees.ee/8232326/toiduteadlased-mitu-muna-voiks-paevas-suua> <https://tervis.goodnews.ee/toiduteadlased-mitu-muna-voiks-paevas-suua-ning-mida-munast-teha/>

Toiduteadlaste kõielkõnd

Arndt-Kalju, Margit Oma Maitse 2021 / lk. 61-63 : fot [Toiduteadlaste ...](https://www.ester.ee/record=b2069719*est) https://www.ester.ee/record=b2069719*est

Toiduteadlaste põhjalik ülevaade piimast: kvaliteetsete piimatoodete vältimisel on omad keerukad tagajärjed

Adamberg, Signe; Adamberg, Kaarel omamaitse.delfi.ee 2024 [Toiduteadlaste põhjalik ülevaade piimast: kvaliteetsete piimatoodete vältimisel on omad keerukad tagajärjed](https://omamaitse.delfi.ee/2024/01/10/toiduteadlaste-pohjalik-ulevaade-piimast-kvaliteetsete-piimatoodete-valtimisel-on-omad-keerukad-tagajarjed)

Toiduteadur: poes käies mõtle ka sellele, mida headele bakteritele süüa osta

Gil, Kaia postimees.ee 2023 [Toiduteadur: poes käies mõtle ka sellele, mida headele bakteritele süüa osta](https://postimees.ee/2023/01/10/toiduteadur-poes-kaies-moetle-ka-sellele-mida-headele-bakteritele-syua-osta)

Transfer of modified gut viromes improves symptoms associated with metabolic syndrome in obese male mice

Mao, Xiaotian; Larsen, Sabina Birgitte; Zachariassen, Line Sidsel Fisker; Brunse, Anders; **Adamberg, Signe**; Mejia, Josue Leonardo Castro; Larsen, Frej; **Adamberg, Kaarel**; Nielsen, Dennis Sandris; Hansen, Axel Kornerup; Hansen, Camilla Hartmann Friis; Rasmussen, Torben Sølbeck Nature communications 2024 / art. 4704 <https://doi.org/10.1038/s41467-024-49152-w> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

TTÜ teadlaste uuring aitab mõista kiudainete ja soolebakterite ringmängu [Võrguväljaanne]

Adamberg, Kaarel novaator.err.ee 2020 / fot [TTÜ teadlaste uuring aitab mõista kiudainete ja soolebakterite ringmängu](https://novaator.err.ee/2020/01/10/ttu-teadlaste-uuring-aitab-moista-kiudainete-ja-soolebakterite-ringmangu)

UPLC/MS based method for quantitative determination of fatty acid composition in Gram-negative and Gram-positive bacteria

Špitsmeister, Merli; **Adamberg, Kaarel**; Vilu, Raivo Journal of microbiological methods 2010 / p. 288-295 <https://www.sciencedirect.com/science/article/pii/S016770121000237X>

Use of changestat for growth rate studies of gut microbiota

Adamberg, Kaarel; Raba, Grete; Adamberg, Signe Frontiers in bioengineering and biotechnology 2020 / art. 24, 12 p. : ill <https://doi.org/10.3389/fbioe.2020.00024> [Journal metrics at Scopus](#) [Article at Scopus](#) [Journal metrics at WOS](#) [Article at WOS](#)

Use of mother-daughter multi-bioreactor systems for studies of steady state microbial growth space = Ema-tütre multi-reaktorite süsteemide kasutamine mikroorganismide püsiseisundis kasvuruumi uurimisel

Erm, Sten 2017 https://digi.lib.ttu.ee/i/?7630&https://www.ester.ee/record=b4686001*est

Uued kiudainetega rikastatud Hi!Fiber jogurtid sündisid koostöös teadlastega

Oma Maitse 2021 / lk. 43 : fot https://www.ester.ee/record=b2069719*est

Uuring: kaitseväelaste toit on tasemel, tervislikkuse osas on arenguruumi [Võrguväljaanne]

Adamberg, Signe; Pitsi, Tagli; Vene, Kristel; Adamberg, Kaarel novaator.err.ee 2022 ["Uuring: kaitseväelaste toit on tasemel, tervislikkuse osas on arenguruumi"](https://novaator.err.ee/2022/01/10/uring-kaitsevaelaste-toit-on-tasemel-tervislikkuse-osas-on-arenguruumi)

Uus trend - veganist karnivooriks?

Russak, Ülo Harju Elu 2024 / lk. 16 <https://dea.digar.ee/article/harjuelu/2024/06/21/26.4>

Validation of critical factors for the quantitative characterization of bacterial physiology in accelerostat cultures = Kriitiliste faktorite valideerimine bakterite füsioloogia uurimiseks akselerostaatsetes kultiveerimiseksperimentides

Nahku, Ranno 2012

Ühest öinast päevas tegelikult ei piisa!

Adamberg, Signe; Adamberg, Kaarel Oma Maitse 2025 / lk. 63-65 : fot https://www.ester.ee/record=b2069719*est

Üks kaunviljapäev nädalas teeb tervisele head

Adamberg, Kaarel; Adamberg, Signe Oma Maitse 2025 / lk. 60-62 : fot https://www.ester.ee/record=b2069719*est

Yogurt enriched with fibers and probiotic bacteria increased the abundance of bifidobacterium animalis subsp. Lactis bb12 in human gut microbiome

Viiard, Ene; Jaagura, Madis; Part, Natalja; Kazantseva, Jekaterina; **Adamberg, Kaarel** Pharmadvances 2022 / p. 19-20 <https://doi.org/10.36118/pharmadvances.2022.23>

Каким должен быть рождественский стол жителя Эстонии?

Adamberg, Kaarel; Adamberg, Signe rus.postimees.ee 2024