

BÖLÜM 7

SU ÜRÜNLERİNDE PROBİYOTİKLER

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GİRİŞ

Probiyotikler, yeterli miktarda alındıklarında konakçı sağlığı üzerinde yararlı etkiler gösteren canlı mikroorganizmalardır (1). Son yıllarda yapılan çok sayıda araştırma, probiyotiklerin yalnızca insan sağlığı üzerindeki etkilerinin değil, aynı zamanda gıdaların korunması ve raf ömrünün uzatılmasında da etkin roller üstlendiğini ortaya koymuştur. Probiyotik mikroorganizmalar; ürettikleri organik asitler, bakteriyosinler, hidrojen peroksit ve diğer antimikrobiyal metabolitler aracılığıyla gıdalarda bozulmaya neden olan mikroorganizmaların gelişimini engelleyerek, hem ürün güvenliğini hem de duysal ve besinsel kaliteyi korumaktadır (2,3). Bu özellikleri sayesinde probiyotikler, kimyasal koruyuculara doğal, güvenli ve çevre dostu bir alternatif olarak öne çıkmaktadır.

Su ürünleri, yüksek protein içeriği, doymamış yağ asitleri, vitamin ve mineral zenginliği nedeniyle insan beslenmesinde önemli bir yer tutmaktadır. Ancak, bu ürünlerin yüksek su aktivitesi ve nötr pH gibi özellikleri, mikrobiyal gelişmeye elverişli bir ortam oluşturmakta ve hızlı bozulmaya yol açmaktadır. Bu nedenle su ürünlerinde kalite kayıplarının önlenmesi, hem gıda güvenliği hem de ekonomik sürdürülebilirlik açısından kritik öneme sahiptir (4). Geleneksel koruma yöntemleri arasında soğuk zincir uygulamaları, dondurma, tutsüleme, tuzlama ve kimyasal koruyucuların kullanımı yer alsa da, son yıllarda tüketici talebi daha **doğal ve katkısız ürünlere** yönelmiştir. Bu durum, **biyokoruma** kavramının öne çıkmasına ve probiyotiklerin bu alanda yoğun olarak araştırılmasına neden olmuştur.

Su ürünleri ekosisteminden izole edilen probiyotik mikroorganizmalar, çevresel streslere ve tuzluluğa adaptasyon yetenekleri sayesinde balık, kabuklu ve diğer

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türleri, ürettikleri organik asitler, bakteriyosinler ve antimikrobiyal metabolitler aracılığıyla bozulma mikroorganizmalarının gelişimini engelleyerek ürünlerin raf ömrünü uzatmakta ve kimyasal koruyuculara doğal bir alternatif oluşturmaktadır. Ayrıca, probiyotiklerin antioksidan özellikleri lipid oksidasyonunu yavaşlatmakta, böylece su ürünlerinin duyuusal ve besinsel bütünlüğünün korunmasına katkı sağlamaktadır.

Denizel ve tatlı su kaynaklı probiyotik suşların çevresel stres koşullarına adaptasyon yetenekleri, bu mikroorganizmaları su ürünleri endüstrisinde biyokoruyucu ajan olarak daha etkili kılmaktadır. Bununla birlikte, su ürünleri yetiştiriciliğinde probiyotiklerin kullanımı yalnızca ürün muhafazasıyla sınırlı kalmamakta; aynı zamanda balıkların bağırsak mikrobiyotasının dengelenmesi, bağışıklık sisteminin güçlendirilmesi ve hastalık direncinin artırılmasına da katkı sağlamaktadır.

Sonuç olarak, su ürünleri kaynaklı probiyotik kültürlerin hem besin güvenliğini artıran hem de çevre dostu üretim yaklaşımlarını destekleyen çok yönlü bir biyoteknolojik çözüm sunduğu söylenebilir. Gelecekte bu alanda yapılacak çalışmaların, özellikle su ürünlerinden izole edilen yeni probiyotik suşların tanımlanması, fonksiyonel özelliklerinin belirlenmesi ve endüstriyel uygulama süreçlerinin optimize edilmesine odaklanması, gıda teknolojisi ve sürdürülebilir akuakültür açısından büyük önem taşımaktadır.

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