

Optionally, the increase in probiotic bacteria is measured by increase in ammonia.

Optionally, the increase in ammonia in the colon following consumption of the composition is significant when compared to the ammonia following consumption of cellulose at 32, 56 or 80 hours. It is difficult to test the increase in bacteria and/or

5 ammonia in the colon *in vivo*. Instead, testing is conducted using *in vitro* models such as the model used in Example 8.

Optionally, at least 3.5 g or at least 7 g of the composition or bagasse is consumed.

Optionally, the Roseburia was increased over 3-fold (eg about 3.5-fold) 80 hours following consumption of 3.5 g of the composition. Optionally, the Roseburia was

10 increased over 7-fold (eg about 7.5-fold) 80 hours following consumption of 7 g of the composition.

In some embodiments, the method is for the treatment of dysbiosis or diarrhoea (infectious, travellers' or antibiotic-associated diarrhoea).

In a further alternative fifth aspect, the present invention provides a method comprising:

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- selecting a mammal in need of treatment for dysbiosis or diarrhoea (infectious, travellers' or antibiotic-associated diarrhoea), or weight management; and
 - administering at least 3 g of a composition according to the third or fourth aspects of the invention, their alternatives or their embodiments to that mammal

wherein the method increases the quantity of probiotic bacteria in the colon of the
20 mammal.

Optionally, 7 g of the composition is administered. Optionally, administration occurs at least once a day for 7 to 30 days. The composition may be in the form of a capsule (eg similar to probiotic capsules) or in the form of a food.

In a sixth aspect, the present invention provides a method of treating or preventing
25 diabetes, obesity or hyperglycaemia comprising:

- selecting a mammal in need of said treatment or prevention; and
- administering to said mammal a composition according to the third or fourth aspects of the invention, their alternatives or their embodiments,

wherein the composition decreased the bioavailability of the sucrose in the composition.

30 In an alternative sixth aspect, the present invention provides a method comprising: