



## Supplementary Materials:

**Table S1:** Growth of *Lactobacillus* and *Bifidobacterium* species in mMRS broth supplemented with 1% FOS or inulin.

Bacteria	Source <sup>1</sup>	P95 (FOS)		Synergy 1 (Inulin)	
		OD 600 <sup>2</sup>	± SD	OD600 <sup>2</sup>	± SD
<i>L. acidophilus</i> LA1	DFF	0.570	0.077	0.684	0.002
<i>L. acidophilus</i> LA 6	DFF	0.432	0.081	0.545	0.195
<i>L. acidophilus</i> LA 8	DFF	0.505	0.043	0.640	0.001
<i>L. acidophilus</i> LA 10	DFF	0.537	0.087	0.581	0.142
<i>L. acidophilus</i> LA 15	DFF	0.704	0.081	0.791	0.050
<i>L. acidophilus</i> LA 30	DFF	0.549	0.086	0.663	0.001
<i>L. acidophilus</i> B1912	NRRL	0.548	0.077	0.657	0.028
<i>L. acidophilus</i> RP32	DFF	0.432	0.036	0.557	0.001
<i>L. amylophilus</i> B4437	NRRL	0.496	0.013	0.661	0.053
<i>L. amylophilus</i> B4481	NRRL	0.410	0.113	0.527	0.064
<i>L. amylovorus</i> B4540	NRRL	0.532	0.138	0.647	0.081
<i>L. amylovorus</i> B4548	NRRL	0.436	0.024	0.495	0.022
<i>L. animalis</i> B14176	NRRL	0.487	0.010	0.399	0.011
<i>L. animalis</i> B14177	NRRL	0.602	0.076	0.679	0.135
<i>L. arabinosis</i> B787	NRRL	0.400	0.013	0.463	0.040
<i>L. brevis</i> B4527	NRRL	0.501	0.184	0.473	0.042
<i>L. brevis</i> B1127	NRRL	0.406	0.093	0.513	0.065
<i>L. brevis</i> 3057	DFF	0.406	0.033	0.506	0.059
<i>L. brevis</i> 1836	DFF	0.364	0.285	0.684	0.111
<i>L. buchneri</i> LB5	DFF	0.654	0.076	0.716	0.101
<i>L. buchneri</i> B1838	NRRL	0.477	0.014	0.422	0.073
<i>L. buchneri</i> B1860	NRRL	0.736	0.095	0.890	0.114
<i>L. bulgaricus</i> LB1	DFF	0.498	0.071	0.639	0.008
<i>L. bulgaricus</i> LB6	DFF	0.494	0.009	0.670	0.051
<i>L. bulgaricus</i> LB11	DFF	0.537	0.030	0.670	0.080
<i>L. bulgaricus</i> LB12	DFF	0.389	0.083	0.524	0.107
<i>L. bulgaricus</i> LB15	DFF	0.417	0.015	0.524	0.057
<i>L. bulgaricus</i> LB21	DFF	0.372	0.017	0.537	0.028
<i>L. bulgaricus</i> YB1	DFF	0.386	0.024	0.546	0.006
<i>L. bulgaricus</i> B440	NRRL	0.542	0.067	0.636	0.070
<i>L. casei</i> 4646	ATCC	1.579	0.093	1.609	0.141
<i>L. casei</i> LC2	DFF	1.608	0.097	1.644	0.085
<i>L. casei</i> 393	ATCC	0.630	0.019	0.780	0.028
<i>L. casei</i> B1922	NRRL	0.513	0.025	0.655	0.064
<i>L. casei</i> B441	NRRL	1.235	0.416	1.469	0.357
<i>L. casei</i> LC3	DFF	1.617	0.076	1.686	0.062

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<i>L. casei</i> B1255	NRRL	0.593	0.039	0.634	0.120
<i>L. rhamnosus</i> EV2	DFF	0.509	0.011	0.624	0.032
<i>L. rhamnosus</i> B442	NRRL	0.513	0.013	0.603	0.072
<i>L. coryniformis</i> ssp. <i>torquens</i> B4390	NRRL	0.526	0.107	1.619	0.640
<i>L. curvatus</i> B4562	NRRL	0.430	0.041	0.527	0.058
<i>L. delbrueckii</i> ssp. <i>lactis</i> B735	NRRL	0.596	0.054	0.731	0.193
<i>L. delbrueckii</i> B443	NRRL	0.742	0.292	0.719	0.063
<i>L. delbrueckii</i> B1658	NRRL	0.745	0.042	0.855	0.033
<i>L. delbrueckii</i> ssp. <i>lactis</i> B736	NRRL	0.916	0.415	0.826	0.053
<i>L. delbrueckii</i> ssp. <i>lactis</i> B1844	NRRL	0.615	0.045	0.766	0.049
<i>L. delbrueckii</i> ssp. <i>lactis</i> B1930	NRRL	0.536	0.023	0.632	0.064
<i>L. delbrueckii</i> ssp. <i>lactis</i> B4523	NRRL	0.430	0.032	0.643	0.095
<i>L. fermentum</i> B4525	NRRL	0.569	0.022	0.686	0.066
<i>L. farciminis</i> LF 25 (B4566)	NRRL	0.630	0.106	0.749	0.221
<i>L. fermentum</i> B585	NRRL	0.490	0.016	0.625	0.045
<i>L. fermentum</i> B1925	NRRL	0.605	0.012	0.723	0.170
<i>L. fermentum</i> B14171	NRRL	0.513	0.029	0.607	0.122
<i>L. fructosus</i> 2041	DFF	0.536	0.026	0.656	0.106
<i>L. gasseri</i> 1912	DFF	0.441	0.054	0.605	0.088
<i>L. gasseri</i> 4240	DFF	0.498	0.004	0.663	0.044
<i>L. gasseri</i> 14175	DFF	0.479	0.035	0.553	0.062
<i>L. helveticus</i> B4526	NRRL	0.377	0.130	0.403	0.065
<i>L. helveticus</i> EV1	DFF	0.573	0.016	0.674	0.078
<i>L. helveticus</i> B1842	NRRL	1.661	0.040	1.716	0.101
<i>L. helveticus</i> B1935	NRRL	0.489	0.028	0.601	0.054
<i>L. helveticus</i> B1942	NRRL	0.630	0.037	0.858	0.017
<i>L. helveticus</i> B1929	NRRL	1.543	0.025	1.458	0.354
<i>L. lactis</i> FARR	OSU	1.666	0.041	1.708	0.722
<i>L. mali</i> B4563	NRRL	1.638	0.087	1.665	0.059
<i>L. paracasei</i> B4564	NRRL	1.460	0.300	1.500	0.230
<i>L. paraplantarum</i> B23115	NRRL	1.060	0.681	1.482	0.470
<i>L. plantarum</i> 14917	ATCC	0.461	0.036	0.590	0.057
<i>L. plantarum</i> NCDO955	DFF	0.468	0.045	0.622	0.063
<i>L. plantarum</i> B4496	NRRL	0.601	0.023	0.706	0.075
<i>L. plantarum</i> B1846	NRRL	0.422	0.017	0.540	0.041
<i>L. plantarum</i> B1926	NRRL	0.545	0.054	0.729	0.091
<i>L. plantarum</i> TSH076	NRRL	0.532	0.011	0.639	0.061
<i>L. plantarum</i> BAA793	ATCC	0.519	0.036	0.692	0.005
<i>L. reuteri</i> 23272	ATCC	0.611	0.039	0.680	0.109
<i>L. rhamnosus</i> GG	ATCC	0.440	0.219	0.562	0.316
<i>L. rhamnosus</i> B176	NRRL	0.551	0.031	0.608	0.023
<i>L. rhamnosus</i> B1914	NRRL	0.672	0.061	0.812	0.033
<i>L. rhamnosus</i> B1937	NRRL	0.626	0.048	0.642	0.045

<i>L. rhamnosus</i> BLCR1	DFF	0.735	0.107	0.934	0.076
<i>L. ruminus</i> 14583	DFF	0.689	0.086	0.860	0.045
<i>L. salivarius</i> ssp. <i>salivarius</i> B1949	NRRL	0.808	0.038	0.948	0.207
<i>L. salivarius</i> ssp. <i>salicinus</i> B1950	NRRL	0.613	0.185	0.590	0.256
<i>L. sharpeae</i> B14855	NRRL	0.699	0.123	0.884	0.416
<i>L. (Weissella) viridescens</i> B1951	NRRL	0.703	0.091	0.852	0.024
<i>L. (Weissella) confusa</i> B1064	NRRL	0.703	0.125	0.872	0.059
<i>L. acidophilus</i> 1426	Luchansky	1.635	0.036	1.678	0.044
<i>L. reuteri</i> 1428	Luchansky	1.590	0.098	1.664	0.035
<i>Bifidobacterium breve</i> 2141	ATCC 15698	1.674	0.082	1.716	0.095

<sup>1</sup>Source for bacterial cultures used in this study: DFF: Dairy and Functional Foods Research Unit, Eastern Regional Research Center, U.S. Department of Agriculture, Wyndmoor, PA; NRRL: Northern Regional Research Center, The National Center for Agriculture Utilization Research, U.S. Department of Agriculture, Peoria, IL; ATCC: American Type Culture Collection, Rockville, MD; OSU: Oregon State University, gift from W. E. Sandine; Luchansky: John Luchansky, Eastern Regional Research Center, U.S. Department of Agriculture, Wyndmoor, PA, ATCC: American Type Culture Collection

<sup>2</sup>OD600: Optical Density (600nm) after 18-24 h growth at 32°C under anaerobic growth conditions ± the standard deviation (SD).