

Table S1. Cultivation of *Bifidobacteria* and *Lactobacillus* on MRS medium.

	OD ₆₀₀				pH			
	0 hrs	24 hrs	48 hrs	72 hrs	0 hrs	24 hrs	48 hrs	72 hrs
<i>B. animalis</i>	0.309±0.009	1.328±0.006	1.355±0.007	1.369±0.005	6.22±0.01	4.53±0.01	4.35±0.01	4.23±0.01
<i>B. catenulatum</i>	0.306±0.020	1.498±0.012	1.509±0.006	1.512±0.008	6.12±0.02	4.25±0.01	3.73±0.01	3.73±0.01
<i>L. plantarum</i>	0.281±0.004	1.526±0.008	1.548±0.005	1.551±0.008	6.13±0.01	3.76±0.02	3.73±0.01	3.73±0.02
<i>L. acidophilus</i>	0.260±0.004	1.391±0.036	1.401±0.003	1.402±0.003	6.15±0.01	3.90±0.00	3.82±0.01	3.79±0.01

Table S2. Cultivation of *Bifidobacteria* and *Lactobacillus* on MRS medium containing 2% (w/v) glucose.

	OD ₆₀₀				pH			
	0 hrs	24 hrs	48 hrs	72 hrs	0 hrs	24 hrs	48 hrs	72 hrs
<i>B. animalis</i>	0.310±0.017	1.339±0.011	1.348±0.013	1.407±0.006	6.20±0.01	4.35±0.01	4.22±0.01	4.13±0.01
<i>B. catenulatum</i>	0.275±0.007	1.393±0.004	1.455±0.006	1.496±0.002	6.04±0.01	3.66±0.03	3.52±0.01	3.43±0.01
<i>L. plantarum</i>	0.270±0.003	1.416±0.005	1.497±0.005	1.543±0.002	6.07±0.01	3.53±0.01	3.50±0.00	3.41±0.01
<i>L. acidophilus</i>	0.262±0.002	1.303±0.001	1.423±0.010	1.430±0.015	6.08±0.00	3.90±0.03	3.77±0.01	3.49±0.00

Table S3. Cultivation of *Bifidobacteria* and *Lactobacillus* on MRS medium containing 2% (w/v) XOS from EFB.

	OD ₆₀₀				pH			
	0 hrs	24 hrs	48 hrs	72 hrs	0 hrs	24 hrs	48 hrs	72 hrs
<i>B. animalis</i>	0.405±0.008	1.459±0.005	1.487±0.006	1.510±0.003	7.10±0.00	4.51±0.01	4.38±0.00	4.31±0.01
<i>B. catenulatum</i>	0.409±0.006	1.506±0.009	1.580±0.008	1.632±0.009	7.05±0.00	4.24±0.01	4.20±0.00	4.18±0.00
<i>L. plantarum</i>	0.415±0.007	1.558±0.006	1.623±0.008	1.691±0.007	7.07±0.01	4.17±0.01	4.08±0.01	4.02±0.01
<i>L. acidophilus</i>	0.426±0.005	1.497±0.006	1.558±0.008	1.617±0.010	7.09±0.01	4.47±0.01	4.32±0.01	4.22±0.01