What is claimed is:

1. Use of a composition comprising *Bifidobacterium animalis* subsp. *Lactis* CECT 8145 (BPL1) and a carbohydrate blend, wherein the carbohydrate blend comprises a source of at least one carbohydrate that provides rapidly available glucose, a source of at least one carbohydrate that provides slowly available glucose, and a source of at least one non-digestible carbohydrate or resistant starch, for the manufacture of a medicament for slowing diabetes development in a diabetic or prediabetic individual or for reducing a risk of diabetes development in an individual at risk of developing diabetes.

2. The use of claim 1, wherein the source of at least one carbohydrate that provides rapidly available glucose comprises:

(i) a monosaccharide;

(ii) a glucose unit and a fructose unit joined by an a-1 , (3-2 glycosidic linkage;

(iii) a glucose unit and a galactose unit joined by a p (1 ,4) glycosidic linkage;

(iv) glucose units joined by a (1 ,4) glycosidic linkages;

(v) glucose units joined by a (1,6) glycosidic linkages; or

(vi) oligosaccharides having a random mixture of a (1 ,2), a (1 ,3), a (1,4), and a (1,6) glycosidic linkages; or a combination of two or more thereof.

3. The use of claim 1 or 2, wherein the source of at least one carbohydrate that provides rapidly available glucose comprises glucose, fructose, tagatose, galactose, mannose, ribose, sucrose, maltose, isomaltose, lactose, isomalto-oligosaccharides, maltodextrin, or starch, or a combination of two or more thereof.

4. The use of any one of claims 1-3, wherein the source of at least one carbohydrate that provides slowly available glucose comprises (i) a glucose unit and a fructose unit joined by an a (1 ,6) glycosidic linkage; (ii) two glucose units joined by an a (1 , 1) glycosidic linkage; (iii) a

glucose unit and a fructose unit joined by an a (1 ,5) glycosidic linkage; or (iv) an oligosaccharide having alternating a (1 ,3) and a (1 ,6) glycosidic linkages, or a combination of two or more thereof.

5. The use of any one of claims 1-4, wherein the source of at least one carbohydrate that provides slowly available glucose comprises isomaltulose, trehalose, sucromalt, or leucrose, or a combination of two or more thereof.

6. The use of any one of claims 1-5, wherein the source of at least one non-digestible carbohydrate or resistant starch comprises:

(i) oligosaccharides having a random mixture of a (1 ,2), a (1,3), a (1 ,4), and p glycosidic linkages;

(ii) saccharides having linear chains of 2 to 60 fructose units or fructose polymers joined by p (2,1) glycosidic linkages; or

(iii) oligosaccharides having a random mixture of a (1 ,2), a (1 ,3), a (1,4), and a (1 ,6) glycosidic linkages, or a combination of two or more thereof.

7. The use of any one of claims 1-6, wherein the source of at least one non-digestible carbohydrate or resistant starch comprises resistant maltodextrin, fructooligosaccharides, inulin, or isomalto-oligosaccharides, or a combination of two or more thereof.

8. The use of claim 1, wherein the carbohydrate blend comprises fructose, isomaltulose, sucromalt, digestion-resistant maltodextrin, fructooligosaccharides, or a combination of two or more thereof.

9. The use of claim 1, wherein the carbohydrate blend comprises fructose, isomaltulose, sucromalt, digestion-resistant maltodextrin, and fructooligosaccharides.

10. The use of any one of claims 1-9, wherein the source of at least one carbohydrate that provides rapidly available glucose provides from 5% to 70%, or 25% to 60%, of the total calories supplied by carbohydrates in the nutritional composition, the source of at least one carbohydrate of the carbohydrate blend that provides slowly available glucose provides from 20% to 85%, or 20% to 50%, of the total calories supplied by carbohydrates in the nutritional composition, and the

source of at least one non-digestible carbohydrate or resistant starch of the carbohydrate blend provides from 5% to 35% or 15% to 35%, of the total calories supplied by the carbohydrate blend.

11. The use of any one of claims 1-10, wherein the BPL1 is inanimate.

12. The use of any one of claims 1-11, wherein the individual is obese.

13. The use of any one of claims 1-12, wherein the individual exhibits insulin resistance.

14. The use of any one of claims 1-13, wherein the individual exhibits prediabetes or diabetes.

15. The use of any one of claims 1-14, wherein the BPL1 is to be administered to the individual in a daily amount of from about 10^5 to 10^{15} cfu BPL1, or from about 10^8 to 10^{12} cfu BPL1.

16. The use of claim 15, wherein the daily amount of BPL1 is to be administered with from about 5 to about 100 g, about 5 to about 50 g, or about 5 to about 30 g, of the carbohydrate blend.

17. The use of any one of claims 1-14, wherein a liquid composition serving size of about 237 ml comprises from about 10^5 to 10^{15} cfu BPL1, or from about 10^8 to 10^{12} cfu BPL1, and from about 5 to about 100 g, about 5 to about 50 g, or about 5 to about 30 g, of the carbohydrate blend.

18. The use of any one of claims 1-17, wherein the BPL1 and the carbohydrate blend are to be administered to the individual in a nutritional composition further comprising protein and fat.

19. The use of claim 18, wherein the composition is a powder and comprises from about 10 to about 75 wt % protein, from about 1 to about 30 wt % fat, and from about 5 to about 80 wt % of the carbohydrate blend; or from about 10 to about 30 wt % protein, from about 5 to about 30 wt % fat, and from about 35 to about 75 wt % of the carbohydrate blend; or from about 40 to about 75 wt % protein, from about 1 to about 15 wt % fat, and from about 5 to about 15 wt % of the carbohydrate blend.

20. The use of claim 18, wherein the composition is a liquid and comprises from about 1 to about 15 wt % protein, from about 0.1 to about 15 wt % fat, and from about 1 to about 25 wt % of the carbohydrate blend; or from about 1 to about 10 wt % protein, from about 0.1 to about 10 wt % fat, and from about 5 to about 20 wt % of the carbohydrate blend.

21. A nutritional composition, comprising protein, fat, a carbohydrate blend, and Bifidobacterium animalis subsp. Lactis CECT 8145 (BPL1), wherein the carbohydrate blend comprises a source of at least one carbohydrate that provides rapidly available glucose, a source of at least one carbohydrate that provides slowly available glucose, and a source of at least one non-digestible carbohydrate or resistant starch.

22. The nutritional composition of claim 21, wherein the source of at least one carbohydrate that provides rapidly available glucose comprises:

(i) a monosaccharide;

(ii) a glucose unit and a fructose unit joined by an a-1 , p-2 glycosidic linkage;

(iii) a glucose unit and a galactose unit joined by a (1 ,4) glycosidic linkage;

(iv) glucose units joined by a (1 ,4) glycosidic linkages;

(v) glucose units joined by a (1 ,6) glycosidic linkages; or

(vi) oligosaccharides having a random mixture of a (1 ,2), a (1 ,3), a (1,4), and a (1 ,6) glycosidic linkages; or a combination of two or more thereof.

23. The nutritional composition of claim 22, wherein the source of at least one carbohydrate that provides rapidly available glucose comprises glucose, fructose, tagatose, galactose, mannose, ribose, sucrose, maltose, isomaltose, lactose, isomalto-oligosaccharides, maltodextrin, or starch, or a combination of two or more thereof.

24. The nutritional composition of any one of claims 21-23, wherein the source of at least one carbohydrate that provides slowly available glucose comprises (i) a glucose unit and a fructose unit joined by an a (1 ,6) glycosidic linkage; (ii) two glucose units joined by an a (1 , 1) glycosidic

linkage; (iii) a glucose unit and a fructose unit joined by an a (1 ,5) glycosidic linkage; or (iv) an oligosaccharide having alternating a (1 ,3) and a (1 ,6) glycosidic linkages, or a combination of two or more thereof.

25. The nutritional composition of any one of claims 21-24, wherein the source of at least one carbohydrate that provides slowly available glucose comprises isomaltulose, trehalose, sucromalt, or leucrose, or a combination of two or more thereof.

26. The nutritional composition of any one of claims 21-25, wherein the source of at least one non-digestible carbohydrate or resistant starch comprises:

(i) oligosaccharides having a random mixture of a (1 ,2), a (1,3), a (1 ,4), and p glycosidic linkages;

(ii) saccharides having linear chains of 2 to 60 fructose units or fructose polymers joined by p (2,1) glycosidic linkages; or

(iii) oligosaccharides having a random mixture of a (1 ,2), a (1 ,3), a (1,4), and a (1 ,6) glycosidic linkages, or a combination of two or more thereof.

27. The nutritional composition of claim 26, wherein the source of at least one non-digestible carbohydrate or resistant starch comprises resistant maltodextrin, fructooligosaccharides, inulin, or isomalto-oligosaccharides, or a combination of two or more thereof.

28. The nutritional composition of claim 21, wherein the carbohydrate blend comprises fructose, isomaltulose, sucromalt, digestion-resistant maltodextrin, fructooligosaccharides, or a combination of two or more thereof.

29. The nutritional composition of claim 21, wherein the carbohydrate blend comprises fructose, isomaltulose, sucromalt, digestion-resistant maltodextrin, and fructooligosaccharides.

30. The nutritional composition of any one of claims 21-29, wherein the source of at least one carbohydrate that provides rapidly available glucose provides from 5% to 70%, or 25% to 60%, of the total calories supplied by carbohydrates in the nutritional composition, the source of

at least one carbohydrate of the carbohydrate blend that provides slowly available glucose provides from 20% to 85%, or 20% to 50%, of the total calories supplied by carbohydrates in the nutritional composition, and the source of at least one non-digestible carbohydrate or resistant starch of the carbohydrate blend provides from 5% to 35% or 15% to 35%, of the total calories supplied by the carbohydrate blend.

31. The nutritional composition of any one of claims 21-30, wherein the nutritional composition is a powder and comprises from about 10 to about 75 wt % protein, from about 1 to about 30 wt % fat, and from about 5 to about 80 wt % of the carbohydrate blend; or from about 10 to about 30 wt % protein, from about 5 to about 30 wt % fat, and from about 35 to about 75 wt % of the carbohydrate blend; or from about 40 to about 75 wt % protein, from about 1 to about 15 wt % fat, and from about 5 to about 15 wt % of the carbohydrate blend.

32. The nutritional composition of any one of claims 21-30, wherein the nutritional composition is a liquid and comprises from about 1 to about 15 wt % protein, from about 0.1 to about 15 wt % fat, and from about 1 to about 25 wt % of the carbohydrate blend; or from about 1 to about 10 wt % protein, from about 0.1 to about 10 wt % fat, and from about 5 to about 20 wt % of the carbohydrate blend.

33. The nutritional composition of any one of claims 21-32, wherein the BPL1 is inanimate.

34. The nutritional composition of any one of claims 21-33, wherein the protein comprises whey protein, whey protein concentrate, whey protein isolate, whey protein hydrolysate, acid casein, casein protein isolate, sodium caseinate, calcium caseinate, potassium caseinate, casein hydrolysate, milk protein concentrate, milk protein isolate, milk protein hydrolysate, nonfat dry milk, condensed skim milk, whole cow's milk, partially or completely defatted milk, whole egg powder, egg yolk powder, egg white powder, coconut milk, soy protein concentrate, soy protein isolate, soy protein hydrolysate, pea protein concentrates pea protein isolate, pea protein hydrolysate, rice protein concentrate, rice protein isolate, rice protein hydrolysate, barley rice protein, fava bean protein concentrate, fava bean protein isolate, fava bean protein hydrolysate, collagen protein, collagen protein isolate, meat protein, potato protein, chickpea protein, canola protein, mung protein, quinoa protein, amaranth protein, chia protein, hemp protein, flax seed protein, earthworm protein, insect protein, or a combination of two or more thereof, or the protein

comprises a caseinate, milk protein concentrate, soy protein, or a combination of two or more thereof.

35. The nutritional composition of any one of claims 21-34, wherein the fat comprises algal oil, canola oil, flaxseed oil, borage oil, safflower oil, high oleic safflower oil, high gamma-linolenic acid (GLA) safflower oil, corn oil, soy oil, sunflower oil, high oleic sunflower oil, cottonseed oil, coconut oil, fractionated coconut oil, medium chain triglycerides (MCT) oil, palm oil, palm kernel oil, palm olein, lecithin, long chain polyunsaturated fatty acid, or a combination of two or more thereof, or comprises high oleic sunflower oil, soy oil, or a combination thereof.

36. The nutritional composition of any one of claims 21-35, further comprising myo-inositol.

37. The nutritional composition of any one of claims 21-36, wherein a liquid composition serving size of about 237 ml comprises from about 10^5 to 10^{15} cfu BPL1, or from about 10^8 to 10^{12} cfu BPL1, and from about 5 to about 100 g, about 5 to about 50 g, or about 5 to about 30 g, of the carbohydrate blend.