diabetes. See WO 2015/007941. Different works have described the beneficial effects of the postbiotic heat killed or heat treated BPL1 (hkBPL1 or BPL1 HT) on obesity by different mechanisms of actions that involve: (i) reduction in body weight and mesenteric adiposity with a parallel increase in lean body mass, (ii) stimulation of energy expenditure, and (iii) improvements in insulin sensitivity as well as dyslipidemia.

[0004] However, further improvements in the use of probiotics and/or postbiotics for obtaining and/or maintaining health benefits are needed.

SUMMARY OF THE INVENTION

[0005] Accordingly, it is an object of the present invention to provide additional improvement in providing health benefits from probiotic or postbiotic BPL1.

[0005a] In one aspect, the invention is directed to a 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.

[0006] In one embodiment, the invention is directed to the 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.

[0007] In another aspect, the invention is directed to a nutritional composition comprising protein, fat, a carbohydrate blend, and 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.

[0008] The methods and compositions of the invention are advantageous in managing metabolic alterations associated with diabetes development and progression in a manner that slows diabetes or prediabetes development or reduces a risk of diabetes development in an