products, supplements, or pharmaceutical products for the prophylaxis and/or treatment of abdominal obesity and/or NAFLD.

DEPOSIT

Bifidobacterium longum, with a strain number of YH295, is deposited at China General Microbiological Culture Collection Center (CGMCC), Institute of Microbiology, Chinese Academy of Sciences, #3, No. 1, Beichen West Road, Chaoyang District, Beijing on May 4, 2017 under the accession number of CGMCC No.14093.

DETAILED DESCRIPTION

The present invention provides a strain *Bifidobacterium longum* YH295. The strain *Bifidobacterium longum* YH295 is deposited at China General Microbiological Culture Collection Center (CGMCC) under the accession number of CGMCC No.14093.

In the present invention, the source of the strain *Bifidobacterium longum* YH295 is not particularly limited; the strain is preferably isolated and obtained from healthy baby feces, has polymorphic rod shapes, is Gram-positive, does not generate spores, has negative catalase and oxidase, and presents an obligate anaerobe. In the present invention, the strain *Bifidobacterium longum* YH295 can engage in metabolic activities by means of L-arabinose, D-glucose, D-mannitol, D-lactose, D-sucrose, D-maltose, salicin, D-xylose, D-melezitose, and D-raffinose, but not D-sorbitol, L-rhamnose, D-trehalose, gelatin, aescigenin, glycerol, D-cellobiose, and D-mannose.

In the present invention, the strain *Bifidobacterium longum* YH295 is isolated on an MRS plate, specifically including the steps of: using an inoculating loop to pick up the strain *Bifidobacterium longum* YH295 under aseptic condition, streaking on the MRS plate, and anaerobically culturing the plate in an incubator at 37℃ for 72 h. A single colony appears gibbous, smooth-faced, completely edged, milk white in color, lustrous, and soft in texture.

In the use of the present invention, the concentration of the viable *Bifidobacterium longum* YH295 is preferably 10^6-10^9 CFU/mL or 10^6-10^9 CFU/g. During the use of the present invention, the state of the strain *Bifidobacterium longum* YH295 is preferably lyophilized viable bacteria powder. In the present invention, preparation methods of the lyophilized viable bacteria powder preferably include strain fermentation and bacteria powder preparation. Preferably, the strain fermentation is to use an inoculating loop to pick up two loops of the strain *Bifidobacterium*