We Claim:

1. A composition comprising a bacterial strain that expresses a bile salt-regulating gene or bile acid-regulating gene and a pharmaceutically acceptable carrier.
2. The composition of claim 1, wherein the bacterial strain is *Turicibacter sanguinis, Escherichia coli,* or *Bacteroides thetaiotaomicron*, and, optionally, wherein said bacterial strain regulates the bile salt by glycine conjugation or taurine conjugation.
3. The composition of claim 2, wherein the *T. sanguinis* bacterial strain is any one of the *T. sanguinis* bacterial strains listed in Table 4.
4. The composition of any one of claim 1 to 3, wherein the bile salt-regulating gene encodes a bile salt hydrolase (BSH), preferably wherein the BSH is any one of the bile salt hydrolases listed in Table 1.
5. The composition of any one of claims 1 to 3, wherein the bile acid-regulating gene encodes a 7-alpha hydroxysteroid dehydrogenase, preferably wherein the amino acid sequence of the 7-alpha hydroxysteroid dehydrogenase is at least 40% homologous to an amino acid sequence of a *Clostridium absonum* 7-alpha hydroxysteroid dehydrogenase.
6. The composition of any one of claims 1 to 5, wherein the bile salt or bile acid is any one of the bile salts or bile acids listed in Table 3.
7. The composition of any one of claims 1 to 6, wherein the composition is formulated for oral delivery.
8. The composition of claim 7, wherein the composition is a food product.
9. The composition of claim 8, wherein the food product is a dairy product.
10. The composition of claim 9, wherein the dairy product is yogurt.
11. The composition of any one of claims 1 to 6, wherein the composition is formulated for rectal delivery.
12. A composition comprising the composition according to any one of claims 1 to 11, for use in the treatment or prevention of a metabolic disorder in a subject.
13. The composition for use according to claim 12, wherein the metabolic disorder is a lipid metabolic disorder and/or a steroid metabolic disorder.
14. The composition for use according to claim 12 or 13, wherein:
    a. administration of said composition alters the subject's lipidome;
    b. administration of said composition decreases white adipose tissue weight in the subject;

c. administration of said composition alters health-associated lipid biomarkers in the subject;
d. administration of said composition decreases abdominal fat pad mass in the subject; or,
e. administration of said composition increases a bile acid in the subject.

15. The composition for use according to claim 12 or 13, wherein administration of the composition decreases plasma triglycerides (TG) levels and/or cholesterol levels and/or cholesterol ester (CE) levels.

16. Use of the composition according to any one of claims 1 to 11 in the manufacture of a medicament for the treatment of a metabolic disorder.

17. The composition for use according to claim 16, wherein the metabolic disorder is lipid metabolic disorder and/or a steroid metabolic disorder.

18. A method of making the composition of any one of claims 1 to 11, comprising transforming a bacterial strain with a gene expression construct encoding a bile salt-regulating gene or bile acid-regulating gene operably coupled to a promoter that promotes expression of the bile salt-regulating gene or bile acid-regulating gene in the bacterial strain and culturing the bacterial strain to allow expression of the bile salt-regulating gene or bile acid-regulating gene.

19. A bacterial strain comprising a bile salt-regulating gene or bile acid-regulating gene, wherein the bacterial strain expresses a bile salt-regulating gene or bile acid-regulating gene encoded by an exogenous nucleic acid.