

Abstract

The use of a postbiotic of *Bifidobacterium breve* 207-1 (GDMCC No.60962) or a composition containing the postbiotic in the preparation of a medicine or a food product. The medicine or food product is used for preventing and/or ameliorating diseases and/or symptoms related to fat gain in a subject. The diseases and/or symptoms are selected from weight gain, obesity, fatty liver, fat accumulation (e.g., visceral fat accumulation and subcutaneous fat accumulation), abnormal lipid metabolism, or any combination thereof. The medicine or food product can promote the fat breakdown and/or inhibit the fat absorption, maintain or reduce the body weight and/or BMI of the subject, increase the satiety of the subject, and reduce the food intake of the subject.