

Table S1. Changes in OD₆₀₀ values of *S. thermophilus* A37 and *L. bulgaricus* B29 during cultivation. The wild-type strains (0 generation) and strains subjected to long-term continuous subculturing (2000 generations) were monitored. OD₆₀₀ was measured at 1 h intervals during cultivation. Data are presented as the mean $\pm$ standard deviation of three biological replicates (n = 3).

Culture time (h)	<i>S. thermophilus</i> A37-0	<i>S. thermophilus</i> A37-2000	<i>L. bulgaricus</i> B29-0	<i>L. bulgaricus</i> B29-2000
0	0.026 $\pm$ 0.007	0.024 $\pm$ 0.003	0.046 $\pm$ 0.002	0.055 $\pm$ 0.004
1	0.022 $\pm$ 0.002	0.025 $\pm$ 0.005	0.045 $\pm$ 0.003	0.054 $\pm$ 0.003
2	0.033 $\pm$ 0.005	0.036 $\pm$ 0.005	0.063 $\pm$ 0.004	0.108 $\pm$ 0.002
3	0.066 $\pm$ 0.006	0.100 $\pm$ 0.009	0.137 $\pm$ 0.018	0.216 $\pm$ 0.034
4	0.151 $\pm$ 0.020	0.269 $\pm$ 0.030	0.342 $\pm$ 0.015	0.481 $\pm$ 0.001
5	0.338 $\pm$ 0.047	0.573 $\pm$ 0.043	0.675 $\pm$ 0.061	1.154 $\pm$ 0.002
6	0.591 $\pm$ 0.055	0.832 $\pm$ 0.041	1.031 $\pm$ 0.045	1.615 $\pm$ 0.001
7	0.741 $\pm$ 0.104	0.992 $\pm$ 0.069	1.467 $\pm$ 0.048	1.779 $\pm$ 0.001
8	0.815 $\pm$ 0.106	1.072 $\pm$ 0.074	1.600 $\pm$ 0.057	1.883 $\pm$ 0.007
9	0.958 $\pm$ 0.070	1.108 $\pm$ 0.046	1.690 $\pm$ 0.047	1.978 $\pm$ 0.004
10	1.023 $\pm$ 0.055	1.219 $\pm$ 0.011	1.734 $\pm$ 0.072	2.007 $\pm$ 0.001