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<p>Double-stranded RNA of lactic acid bacteria (LAB) is recognized by dendritic cells (DCs) via endosomal-TLR3 and benefits the anti-inflammatory response through induction of interferon-β (IFN-β). However, how such IFN-β impacts T cell immune responses, and how immune homeostasis is better maintained in the presence of commensal or food-derived LAB is unknown. Here we show that LAB enhances interleukin-12 (IL-12) secretion by DCs and differentiation of IFN-γ-producing T cells in an IFN-β-dependent manner. We demonstrated that IFN-β secreted in response to LAB increased IFN regulatory factor 1 (IRF1) and IRF7 mRNA, which contribute to <i>I12p35</i> expression. It was clarified that CD11c⁺CD11b⁻CD8α⁺CD103⁺ DCs in Peyer's patches mainly induced Th1 cell differentiation through IFN-β production in response to LAB. The resultant induction of IFN-γ production in CD4⁺ T cells also occurs <i>in vivo</i>, where oral administration of LAB enhances Th1 immunity or suppresses Th2 immune responses. Th1 polarization and maintenance of <i>Foxp3</i> expression by CD4⁺ T cells due to TLR3-mediated IFN-β production may thus confer anti-allergic or anti-inflammatory activity by commensal or probiotic LAB.</p>	