



Probiotic Yogurt/Drinking Yogurt

Invention summary:

Probiotics are getting lots of attention due to their health benefits and interest in “functional” foods (those that provide health-enhancing properties beyond their nutrients).

Technology overview:

Technology for probiotic yogurt production is quite similar to normal yogurt production. In addition to the starter culture used in yogurt (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*) probiotic strains are added in this (probiotics are live microbial strains that beneficially affect the host animal). Probiotic bacterial cultures, such as *Lactobacillus acidophilus*, *Lactobacillus subsp. casei*, and *Bifidobacteria* could be added to yogurt as probiotics. These products should contain an adequate amount of live bacteria (at least 10^6 – 10^7 cfu/g) at the time of consumption. Maintaining this is critical therefore requires scientific approach.

Potential application:

Benefits of consuming probiotic yogurt, strictly depends on the probiotic strains added.

Advantages of the Probiotic Yogurt/ Drinking Yogurt:

Probiotics can help maintain the balance of bacteria necessary for a healthy digestive system and boost the immune system, among others.

- Promote vitamin B12 and K production
- Prevent and manage type 2 diabetes
- Aid in weight loss and reduce cholesterol
- Prevent yeast infection
- Protect against osteoporosis
- Reducing the risk of colorectal cancer

Inventor /s :

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