



Yogurt/Drinking Yogurt

Invention summary:

Yogurt/ Drinking yogurt is a cultured milk product that is soured and thickened by the action of specific lactic acid-producing cultures added to milk.

Technology overview:

The lactic acid produced by the culture coagulates the milk protein, thickening the milk and adding the characteristic sour flavour. The starter cultures used to make yogurt are *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. All yogurts must contain at least 8.25% solids not fat. Full fat yogurt must contain not less than 3.25% milk fat, low fat yogurt not more than 2% milk fat, and non-fat yogurt less than 0.5% milk fat. Fruit and flavours are added at different steps depending on the type of yogurt.

Potential application:

Yogurt is used for restoring normal bacteria in the intestine and for its nutritional value.

Advantages of the ready to serve beverage:

- Yogurts can be high in protein, calcium, vitamins.
- Live bacterial culture can enhance the gut microbiota and aid indigestion.
- Many people who are lactose intolerant can enjoy yogurt. Yogurt contains lower amounts of lactose than milk because the lactose in yogurt is converted to lactic acid by the bacterial cultures.

Inventor /s :

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