

DEVELOPMENT AND EVALUATION OF PROBIOTIC

YOGHURT (*Bifidobacterium* spp.)



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ABSTRACT

Yoghurt is one of the most important fermented milk products, which has gained great popularity throughout the world for its recognized sensorial, nutritional and health benefits. This study was conducted to investigate nutritional, physical, microbial and sensorial properties of probiotic (*Bifidobacterium* spp.) added yoghurt. Probiotic added yoghurt was prepared using skim milk and its nutritional, sensorial and microbial properties were analysed at day one and during the storage period of four weeks. This research was performed in milk processing unit of Department of Eastern University, Sri Lanka. The study was carried out using Completely Randomized Design with five treatments and three replicates. Probiotic was added to the yoghurt in the rate of 0%, 0.1%, 0.2%, 0.3% and 0.4% on weight basis.

At day one quality attributes such as dry matter, ash, fat, reducing sugar, total sugar, pH and titratable acidity were not ($p > 0.05$) differ among the types of yoghurt samples. Syneresis was high in 0.4% probiotic added yoghurt ($40.73 \pm 2.05\%$) and was lower in 'yoghurt without probiotic ($37.70 \pm 1.32\%$). Syneresis increased with increasing percentage of probiotic. During the storage period, dry matter, total sugar, reducing sugar, pH, and titratable acidity ($p < 0.05$) changed different yoghurt samples. In case of ash and fat, slight changes were observed. At the end of storage 0.4% probiotic added yoghurt showed higher value of dry matter, ash and titratable acidity ($21.87 \pm 1.40\%$), ($1.00 \pm 0.40\%$) and ($0.67 \pm 0.04\%$), respectively. On the other hand, yoghurt without probiotic showed higher value for reducing sugar, total sugar and pH ($2.17 \pm 0.02\%$), ($10.72 \pm 0.21\%$) and (4.38 ± 0.01), respectively. At the end of storage yoghurt without probiotic showed low value of dry matter, ash as ($15.80 \pm 1.93\%$) and ($0.67 \pm 0.46\%$), respectively and 0.1% probiotic added yoghurt

showed low value ($0.62 \pm 0.02\%$) of titratable acidity while 0.4% probiotic added yoghurt showed low value of reducing sugar, total sugar and pH as ($2.05 \pm 0.01\%$), ($10.32 \pm 0.23\%$) and (4.15 ± 0.04), respectively. During the storage period dry matter, ash and titratable acidity increased with increasing concentration of probiotic in the yoghurt. Reducing sugar, total sugar and pH decreased with increasing concentration of probiotic. Colony forming unit decreased with the storage period. At the end of the storage all treatments of yoghurt showed reduced value of colony forming unit than second week. Yoghurt without probiotic showed low value (4.13×10^5 CFU/ml) of colony forming unit than other treatments. The results of the sensory evaluation showed that organoleptic parameters had influence on overall acceptability of yogurt product. According to the panelist preference, the yoghurt without probiotic was highly preferred for their texture, colour and flavour. Yoghurt with 0.3% probiotic was highly preferred for their taste and overall acceptability.

TABLE OF CONTENTS

ABSTRACT	i
ACKNOWLEDGEMENT	iii
TABLE OF CONTENTS	iv
LIST OF TABLES.....	ix
LIST OF FIGURES.....	x
ABBREVIATIONS.....	xi
 CHAPTER 1.....	 1
INTRODUCTION	1
 CHAPTER 2.....	 4
LITERATURE REVIEW	4
2.1 Probiotic.....	4
2.1.1 History of probiotic	4
2.1.2 Definition of probiotic.....	5
2.1.3 Characteristics of probiotics.....	7
2.1.4 Characteristics of <i>Lactobacillus</i> and <i>Bifidobacteria</i>	7
2.1.4.1 <i>Lactobacillus</i> spp	7
2.1.4.2 <i>Bifidobacterium</i> spp	8
2.1.5 The effects of probiotics on health.....	8
2.1.5.1 Lactose intolerance	9
2.1.5.2 Immune system and probiotics	9
2.1.5.3 Diarrhea	9
2.1.5.4 Cancer	10

2.1.5.5	Cholesterol reduction.....	10
2.1.6	Mechanism of probiotics.....	11
2.2	Milk and milk structure	12
2.2.1	Milk composition	13
2.2.1.1	Water	14
2.2.1.2	Lipids	15
2.2.1.3	Lactose.....	15
2.2.1.4	Proteins	16
2.2.1.5	Casein	16
2.2.1.6	Whey proteins.....	17
2.2.1.6.1	β -Lacto globulin whey protein.....	17
2.2.1.6.2	α -Lactalbumin whey protein.....	18
2.2.1.7	Enzymes.....	18
2.2.1.8	Minerals and vitamins	18
2.2.2	Coagulation	19
2.2.3	Importance of milk and milk products in diet	20
2.2.3.1	Fermented milk products	21
2.2.3.2	Acidophilus milk	21
2.2.3.3	Concentrated fermented milks	21
2.2.3.4	Buttermilk.....	22
2.2.3.5	Curd	22
2.2.3.6	Butter	22
2.2.3.7	Cheese.....	23
2.3	Yoghurt.....	23
2.3.1	Important ingredients of yoghurt.....	24
2.3.1.1	Cow milk	24
2.3.1.2	Sugar.....	24

2.3.1.3	Stabilizers / Emulsifiers	24
2.3.1.4	Starter culture	24
2.3.1.5	Flavour	25
2.3.1.6	Colouring agent	25
2.3.2	Basic principle of yoghurt	25
2.3.3	Probiotics in yoghurt	26
2.3.3.1	Production of probiotic yoghurt	27
2.3.3.2	Quality and shelf life of yoghurt.....	28
2.3.3.3	Hedonic rating test.....	28
2.3.3.4	Microbial activity in yoghurt	29

CHAPTER 3.....30

MATERIALS AND METHODS30

3.1	Location and study area	30
3.2	Collection of milk sample.....	30
3.3	Mother culture preparation	30
3.4	Mother culture preparation for probiotic culture	30
3.5	Sub culture preparation for starter culture	31
3.6	Treatment plan	31
3.7	Yoghurt preparation.....	31
3.8	Analysis of yoghurt	32
3.8.1	Syneresis.....	33
3.8.2	Determination of ash content	33
3.8.3	Determination of dry matter content of yoghurt	33
3.8.4	Determination of titratable acidity of yoghurt.....	34
3.8.5	Determination of pH.....	34
3.8.6	Determination of fat content	34

3.8.7	Determination of total sugar.....	35
3.8.8	Determination of reducing sugar.....	35
3.9	Microbial analysis.....	35
3.9.1	Preparation of blood agar plates -500ml	35
3.9.2	Preparation of inoculation plate	36
3.9.3	Gram's staining	36
3.10	Sensory analysis	37
3.11	Statistical analysis.....	37
CHAPTER 4.....		38
RESULTS AND DISCUSSION.....		38
4.1	Milk composition.....	38
4.2	Nutritional attributes of yoghurts made from different concentration of probiotic at day one.....	38
4.3	Syneresis of yoghurt	40
4.4	Changes in compositions of yoghurt during storage period	41
4.4.1	Dry matter content in yoghurt during the storage period	42
4.4.2	Ash content in yoghurt during the storage period	43
4.4.3	Fat content in yoghurt during the storage period	45
4.4.4	Reducing sugar in yoghurt during the storage period	45
4.4.5	Total sugar in yoghurt during the storage period	46
4.4.6	pH in yoghurt during the storage period	47
4.4.7	Titrateable acidity in yoghurt during the storage period.....	49
4.5	Bacterial colony forming unit during the storage of yoghurt	50
4.6	Effect of storage on sensorial attributes of different treated yoghurt samples.....	51
4.6.1	Organoleptic evaluation of produced yoghurt.....	51
4.6.2	Changes in sensory attributes at day one.....	52