ENHANCEMENT OF NUTRITIONAL VALUES OF LABNEH BY ADDING FRESH LEAF (Moringa oleifera) EXTRACT AS INNOVATIVE DAIRY PRODUCT



H.P.D.C.R. HEENDENIYA



FACULTY OF AGRICULTURE EASTERN UNIVERSITY SRI LANKA

2019

ABSTRACT

Moringa is a natural, whole-food source for vitamins, minerals, protein, antioxidants, and other important compounds that your body relies on to stay healthy. Therefore, the aim of this present study was to investigate the nutritional and physical properties and shelf life of Labneh incorporated with different amounts of fresh Moringa leaf extract, at the rate of concentration 0.2% (w/v), 0.4% (w/v), 0.6% (w/v). Labneh samples were analyzed for physico - chemical and sensory properties during refrigerated storage at 4 °C. The physico-chemical (ash, dry matter, FFA, protein, titratable acidity, pH, mineral contents) were analyzed at day 1, week 1, week 2, week 3 and week 4 of storage. And sensory characteristics (colour, taste, texture, flavor and overall acceptability) were analyzed at day 1, week 1 of storage period.

Ash, dry matter, fat, pH, titratable acidity and mineral contents, were significantly difference (p<0.05) among the treatments at day one. The results of this study revealed that, the ash (0.28±0.01%) and dry matter (57.62±0.06%) content were significantly (p<0.05) higher in Labneh incorporated with of 0.6% fresh Moringa leaf extract. Fat content was significantly (p<0.05) higher (7.13±0.15%) in Labneh incorporated with of 0.6% fresh Moringa leaf extract. pH was significantly higher (4.87±0.01%) in Labneh incorporated and titratable acidity was significantly (p<0.05) lower (1.32±0.01%) in Labneh without leaf extract added. During storage, the ash and dry matter content were significantly (p<0.05) increased and FFA content was significantly (p<0.05) increased. pH content was significantly (p<0.05) decreased and titratable acidity was increasing with the storage period. Organoleptic properties were evaluated though the panel of 20

members. As a results of organoleptic characteristics revealed that, 0.2% fresh Moringa leaf extract added Labneh had the highest mean score of overall quality of all sensorial properties namely, colour, taste, texture, flavor, and overall acceptability. Results revealed that most of the panelist accepted.

TABLE OF CONTENTS

ABSTRACTI
ACKNOWLEDGMENTIII
TABLE OF CONTENTSV
LIST OF TABLE IX
LIST OF FIGURS X
ABBREVIATIONXI
CHAPTER 011
INTRODUCTION
CHAPTER 24
2.0 Literature review
2.1 Milk
2.1.1 Current position of dairy in Sri Lanka
2.1.2 Definition of milk
2.1.3 Nutritional composition of milk
2.3 Types of milk
2.3.1 Cow milk
2.3.2 Buffalo milk
2.3.3 Goat milk
2.4 Labneh
2.5 History of Labneh10
2.6 Production of Labneh
2.6.1 Yoghurt manufacture:11
2.6.1.1 Pre-treatment of milk:
2.6.1.2 Homogenization: 12
2.6.1.3 Heat treatment (pasteurisation):
2.6.1.4 Cooling milk to inoculation temperature:
2.6.1.5 Starter culture addition:

2.6.1.6	Incubation of yoghurt:	15
2.6.1.7	Cooling of yoghurt:	15
2.6.2 Sod	lium Chloride	16
2.6.3 Ren	noving of whey	16
2.6.4 Pac	kaging of Labneh:	18
2.7 Nut	ritional importance of Labneh	19
2.7.2 She	If life of Labneh	20
2.8 Mor	ringa leaves	20
2.8.1 Hist	tory of Murunga	21
2.8.2 Moi	ringa as a nutrient source	22
2.8.3 Moi	ringa as a source of vitamins and minerals	22
2.8.4 Trea	ating malnutrition with Moringa	25
2.8.5Anti-	oxidants in Moringa	26
2.8.6 Oth	er health benefits of Moringa	27
2.8.7 Use	of Moringa leaves	29
CHAPTER 03		32
3.0 MATERIA	ALS AND METHODS	32
3.1 Loca	ation and study area	32
3.2 Mate	erials	32
3.3 Mot	her culture preparation	32
3.4 Prep	paration of Fresh Murunga leaf extract for Labneh	32
3.5 Trea	tment Plan	33
	k analysis	
	aration of Labneh	
3.7 Nutr	itional analysis	34
3.7.1 Dete	ermination of ash content	34
3.7.2 Dete	ermination of dry matter content	34
3.7.3 Dete	ermination of Free Fatty Acid content	34
	ermination of titratable acidity of Labneh	
	ermination of pH	
3.7.6 Dete	ermination of protein	36

3.7.7 Determination of Lactose
3.7.8 Texture profile analysis of Labneh
3.8 Determination of Microbial analysis
3.9 Sensory analysis
3.10 Statistical analysis
CHAPTER 4
4.0 Results and Discussion
4.1 Chemical attributes of fresh cow milk
4.2 Nutritional attributes and pH variation of Labneh manufactured with different amounts of fresh Moringa leaf extract at day one
4.3 Nutritional attributes variation of Labneh manufactured with different amounts of fresh Moringa leaf extract during four (4) week of storage period
4.3.1 Dry matter content and Ash content in Labneh during storage period42
4.3.1.1 Dry matter
4.3.1.2 Ash
4.3.2 Free Fatty Acid content variation in Labneh during storage period44
4.3.3 PH content variation in Labneh during storage period
4.3.4 Titratable acidity variation in Labneh during storage period
4.3.4 Protein variation in Labneh during storage period
4.3.5 Lactose variation in Labneh during storage period
4.6 Microbial Evaluation of the Labneh
4.7 Texture profile analysis of Labneh made by adding different amount of fresh Moringa leaf extract
4.8 Evaluation of sensory qualities of Labneh made by adding different amount of fresh Moringa leaf extract
4.8.1 Sensory attributes variation at day one evaluation
4.8.2 Sensory attributes variation during first weeks of storage period54
4.8.3. Overall quality of the experimental Labneh
CHAPTER 5
5.0 CONCLUSION57
SUGGESTIONS58

REFERENCES	59
APPENDIX I	