

# **Functional Probiotic Foods**

**Amrita Poonia**

**Assistant Professor**

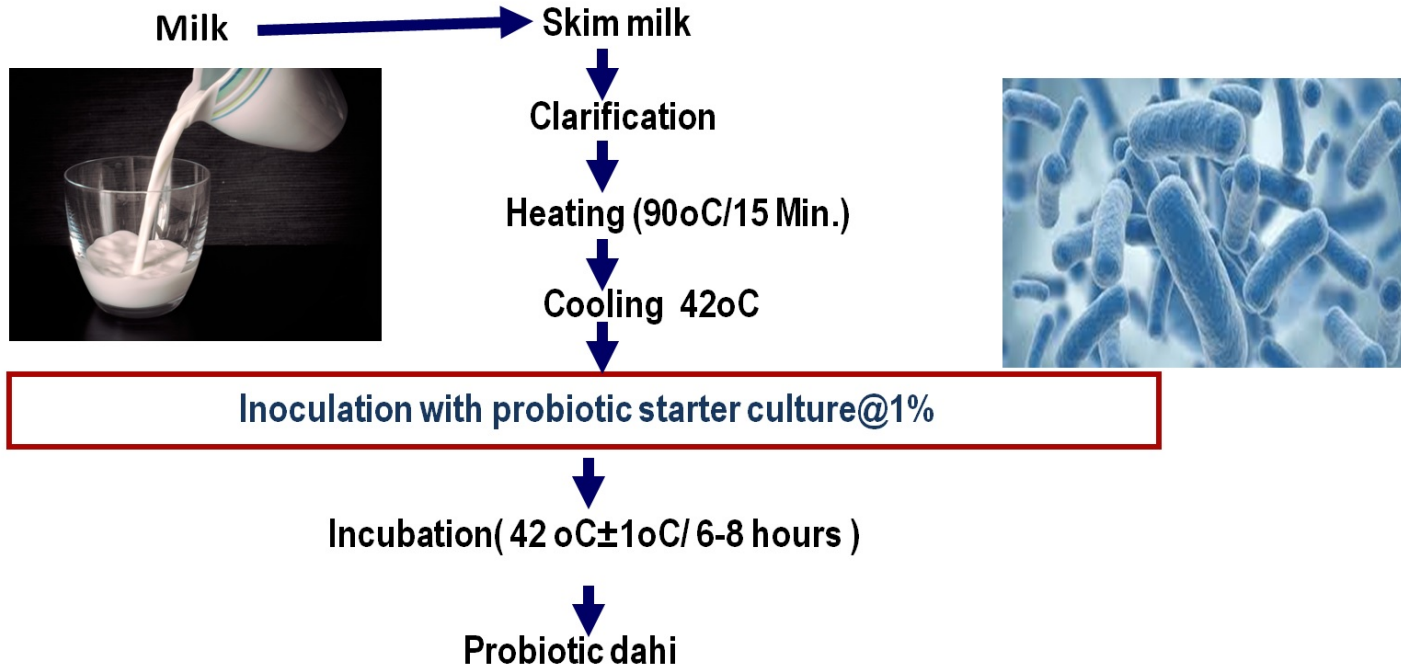
**Centre of Food Science & Technology**

**Banaras Hindu University, Varanasi**

# Functional Probiotic Dairy Foods

- Probiotic yoghurt and
- Probiotic yoghurt drink
- Probiotic dahi
- Probiotic lassi
- Probiotic shrikhand
- Probiotic Ice cream
- Probiotic Kulfi
- Probiotic Butter

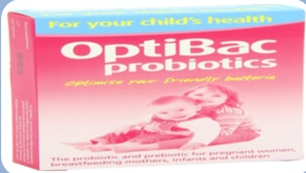
# Preparation of Probiotic Dahi



# Why dairy products are the best probiotic vehicles?



- Buffering capacity which increases survivability
- Stored in refrigerated conditions



- Excellent food matrix
- Probiotics can also be used as starter cultures
- Milk contains a diverse range of therapeutic components



- Bioactive peptides produced by probiotic bacteria
- Milk is enriched with prebiotics (lactulose, galactooligosaccharides)
- Fermentation of milk with probiotic organisms increases Vit. B12, folic acid, biotin and CLA content

# Uniqueness of dairy products as matrix for probiotics

Dairy Product	Positive effect as matrix for probiotics
Yoghurt/ Dahi	Presence of whey proteins increases the viability of probiotics
Cheese	High pH, fat, solids, buffering capacity and low oxygen
Ice- Cream/ frozen desserts	High pH (5.5-6.5) increases the survivability of lactic cultures during storage
Milk Chocolate	Higher TS and Lipids : protective effect to probiotics

# Common probiotic dairy products available in India

Company	Product
Nestle	Actiplus probiotic curd
Mother dairy	Nutrifit probiotic drink
Mother dairy	B-active probiotic curd
Yakult danone india(YDI)	Probiotic drink
Amul	Prolife icecream, curd and lassi
Amul	Flavoured probiotic yoghurt
Amul	Probiotic ice cream chocobar
Heritage foods (India) Ltd.	Probiotic curd

# Institutes Engaged in Probiotic Research in India



**Central Food Technology and Research Institute,  
Mysore, India**



**National Dairy Research Institute, Karnal, Haryana, India**



**Institute of Microbial Technology, Chandigarh, India**



**National Dairy Development Board, Anand, Gujarat, India**



**Nestle Pvt Ltd, Panipat, Haryana, India**