



Conference Abstract

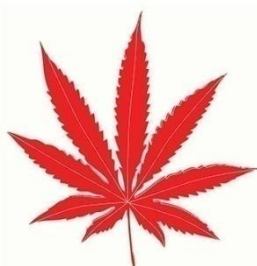
http://dx.doi.org/10.21065/AdvFoodNutriSci.5.2.2020

10th Pak Pharma & Healthcare Expo

International Conference on Pharma, Food & Healthcare

Tuesday –Thursday, February 11-13, 2020

Expo Center, Lahore, Pakistan.



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Citation:

Dr. M. Anees Ur Rehman, Anum Sabir, Aiza Yaseen, Growth and survival of probiotics in dairy products. *adv food nutr sci*. Volume.1.2020p.01-02

Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interest's

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Conference Abstract

GROWTH AND SURVIVAL OF PROBIOTICS IN DAIRY PRODUCTS

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ABSTRACT

Background: The objective of this research was to study the growth pattern and viability of two probiotic strains at 4 °C and 8 °C respectively during 0, 60, 120 and 180 days of ripening.

Methodology: The current study was conducted at the Department of Biological Systems and Engineering and Centre for Dairy Research (CDR) University of Wisconsin Madison United States of America. Four samples of Cheddar cheese were prepared using commercially available mesophilic starter culture along with two probiotic adjuncts (*Lactobacillus acidophilus* and *Lactobacillus helveticus*). Cheddar cheese was prepared and ripened for 180 days at 4 °C and 8 °C. The Cheddar cheese was analyzed for fat, protein, ash, minerals and organic acids. The growth pattern and survival of probiotic strains were studied during 0, 60, 120 and 180 days of ripening at 4 °C and 8 °C.

Result: Both of the probiotic strains maintained their recommended viability during 180 days of ripening at 4 °C and 8 °C. The highest viability was observed after 120 days of ripening at 4 °C.

Conclusions: Cheese is characterized by increased pH, higher solid consistency and fat contents as compared to other food products. It provides the optimum growth conditions for the growth and survival of Probiotic strains. Probiotic Cheddar cheese could be a good source of Probiotics and increased bioavailability.

Keywords: Probiotics, Dairy Products, Viability, Functional Foods.