



Stirred Yoghurt Fortified With Dietary Fibers

By Taha, Soad / Khalil, Ensaf

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Effect of Fortification on Some Properties of Fermented Milk | Food fortification is the addition of one or more essential nutrients to a food, whether or not it is normally contained in food, for preventing or correcting a demonstrated deficiency of one or more nutrients in the population or specific population group. Dietary fibers may play a major role in preventing some illnesses. As dairy products are naturally deficient in fibers, these ingredients should be of much interest in enhancing food functional value. Dietary fibers can also impart some functional properties to foods. Utilization of by-products from vegetables and fruits is currently of interest from the waste reduction point of view also it contain various nutritional substances. Folic acid and its derivatives represent a group of essential vitamins in human metabolism which take part in DNA and RNA biosynthesis and repair. Folate is linked with a minor risk of neural tube defects in the fetus. Probiotics play an important role in humans life. Bifidobacteria as a member of probiotics have been shown to exert a number of beneficial effects on the health of consumer. Therefore, new approaches are to develop foods with...



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