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A REVIEW ON FERMENTED MILKS AND MILK PRODUCTS AS FUNCTIONAL FOODS

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ABSTRACT

Fermented foods and drinks provide a wide range of nutritional and medicinal benefits. Lactic acid bacteria (LAB) play a critical part in the health benefits of fermented milks and similar products. The use of Lactobacillus acidophilus and Bifidobacteria spp. in probiotic dairy meals is well-known. At the moment of consumption, cultured goods with any claim of health benefits should satisfy the recommended minimum amount of more than 106 cfu/g. Yogurt has been reintroduced as a probiotic carrier food. Several food powders, such as yoghurt powder and curd (dahi) powder, are produced with the amount of organisms that survive after drying in mind. Consumers like such meals, drinks, and powders because of their taste and fragrance, as well as their high nutritional content. Because antitumor activity is linked to the cell wall of the starting bacterium, it persists even after drying. Preventing gastrointestinal infections, lowering serum cholesterol levels, and having antimutagenic action are some of the other health advantages of fermented milks. Lactose intolerant people and those with atherosclerosis should consume the fermented goods. The development of fermented dietetic preparations and specialty goods is a growing field of study. The health advantages of fermented milks, as well as the technology used to make them and the kinetics of lactic acid fermentation in dairy products, are discussed.

KEYWORDS: *Fermented Milks, L. Acidophilus, Bifidobacteria, Probiotics, Lactic Acid Bacteria*

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