



# Yoghurt





# Nutritive Value of Yoghurt

Full fat



Low fat



	Full fat	Low fat
<b>Protein</b>	5%	5%
<b>Fat</b>	3.5%	0.3%
<b>Carbohydrate</b>	6%	6%
<b>Vitamins</b>	(A, B)	(A, B)
<b>Minerals</b>	Ca	Ca
<b>Water</b>	88%	88%



# Dietetic Value of Yoghurt

- Tasty, economical and convenient snack
- Protein used for growth and repair of body cells
- Calcium needed for strong bones and teeth
- Reduced and low fat yoghurt available for those on calorie controlled diets
- Available in wide range of types and flavours
- Ready to eat–no preparation and no waste
- Bio-yoghurts are believed to help the digestive system due to the presence of live bacteria





# Types of Yoghurt

**Full fat**

Natural or flavoured



**Low fat**

Natural or flavoured



**Fat free**

Natural or flavoured



**Set**

Culture used causes yoghurt to thicken and set.  
Usually flavoured





# Types of Yoghurt

## Drinking

Liquid yoghurt – usually flavoured and sweet



## Frozen

Used as a substitute for ice-cream



## Greek

Thick, creamy, unflavoured and low in fat – used in dressings/dips



## Fromage frais

Produced from skimmed milk, cream, cultures and rennet – used in dressings, dips and instead of cream





# Production of Yoghurt

## Step 1:

- Milk is homogenised

## Step 2:

- Milk is pasteurised at 90°C for 15-30 minutes

## Step 3:

- Milk is cooled to 40-43°C

## Step 4:

- Starter culture is added (inoculation). Starter culture is usually *lactobacillus bulgaricus* and /or *streptococcus thermophilus*

## Step 5:

- Mixture is incubated (stored at 37- 44°C for 4-6 hours)
- Fermentation will occur so mixture becomes acidic. Acid environment causes protein to coagulate and this causes mixture to thicken





# Production of Yoghurt

## Step 6:

- Mixture is cooled to 4.5°C. It is important to maintain this temperature as it allows bacteria to survive but slows down their growth

## Step 7: The following substances may be added:

- Vitamin A and D for added nutritional value
- Stabilisers (pectin or gelatine) to prevent yoghurt separating
- Sucrose to sweeten
- Flavourings e.g. fruit, fruit puree
- Colour to improve appearance
- Preservatives and flavourings

## Step 8:

- Yoghurt is packed and labelled and stored in a refrigerator



## Uses of Yoghurt

- Snack
- Drinks - smoothies
- Savoury dishes – stroganoff
- Salad dressings, Sauces
- Dips
- Baking – cakes
- Dessert – cheesecake
- An alternative to cream
- Topping on cereal and fruit
- Marinades







## Buying and Storing Yoghurt

- Only buy yoghurt stored in a refrigerator
- Check date stamp
- Never buy or consume yoghurt if lid is dome shaped
- Store yoghurt in a refrigerator
- Consume before 'use by' date . Yoghurt stored longer will become too acidic due to bacterial growth and will have changed appearance and taste



