

Cereal based functional fermented milk – A health challenge for Humanity

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Consumption of fermented milk has increased manifold worldwide and various popular ingredients of functional significance are being incorporated into cultural dairy products to enhance their market value and thus with specific health benefits. Fermented milk products have been reported to have therapeutic properties like anti-cholesterolemic and anti-carcinogenic. The choice of cereal based substrate for the development of probiotic foods is motivated by increase in consumer vegetarianism, lactose intolerance, cholesterol content and economic reasons that are associated with dairy products. Cereals also have the potential to offer consumer prebiotic and whole grain benefits. Cereal grains are very good substrates for fermentation globally and the predominant microorganisms are lactic acid bacteria and yeast. Cereal grains constitute a major source of dietary nutrients and addition of cereals into milk enriches its mineral value supplementing fibre. Fermentation further enhances the nutritive value, palatability and functionality of cereals by reducing the anti-nutritional factor. Cereal based functional fermented milk fulfils the nutritional requirements of an under-nutrition person as it provides proper energy, proteins, vitamins and minerals. The ingredients of cereal based functional fermented milk includes whole barley flour, flax seed, date syrup and milk which

supplements the nutrients required for an undernourished. The barley supplements with protein, dietary fibre, the B vitamins, Niacin and several dietary minerals like manganese and phosphorus. Also, flax seed provides omega 3 fatty acid which protects against heart disease, lower triglycerides, decreased risk with higher blood levels, inflammation etc. Omega 3 fatty acids are important for normal metabolism. Mammals are unable to synthesize omega 3 fatty acids but can obtain the shorter chain of omega 3 fatty acids ALA (18 Carbon and 3 double bonds) through diet and use it to form the more important long chain omega 3 fatty acids. It is a known fact that animal food is a good source of omega 3 fatty acids but vegetarian diet lacks. Cereal based fermented functional milk will open new vistas for new generation comprehensive food.

Speaker Biography

John David is a vibrant university professor in Shiats University, India, in the field of Dairy Technology, having a teaching experience of 21 years. He is a passionate research worker having more than 80 research publication in his credit. Prof. David has guided 10 Ph.D. theses. He has written 7 books of national and international repute in the field of Food and Dairy Technology. He has been bestowed with Young Scientist award in the year 2006 and has been honoured with "Pride of the Nation" (Rashtriya Gaurav) and "Gem of Education" (Shiksha Ratan) award for his distinguished service to the nation in the year 2014.

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