

Value of yoghurt

Introduction. Dairy products are usually high energy-yielding food products. A production plant for the processing of milk is called a dairy or a dairy factory. Apart from breastfed infants, the human consumption of dairy products is sourced primarily from the milk of cows, yet goats, sheep, yaks, horses, camels, and other mammals are other sources of dairy products consumed by humans. Dairy products are commonly found in European, Middle Eastern, and Indian cuisine, whereas aside from Mongolian cuisine they are little-known in traditional (Asian) cuisine. A production plant for the processing of milk is called a dairy or a dairy factory. Dairy farming is a class of agricultural, or an animal husbandry, enterprise, for long-term production of milk, usually from dairy cows but also from goats, sheep and camels, which may be either processed on-site or transported to a dairy factory for processing and eventual retail sale. But some dairy products can cause health issues for individuals who have lactose intolerance or a milk allergy. Some dairy products such as blue cheese may become contaminated with the fungus *Aspergillus fumigatus* during ripening, which can trigger asthma and other respiratory problems in susceptible individuals. Dairy products if consumed after the expiry date can cause serious heart problems .

Yogurt (or yoghurt) is worldknown as a fermented milk product (soy milk, nut milks such as almond milk, and coconut milk can also be used) produced by bacterial fermentation of milk. The bacteria used to make yogurt are known as "yogurt cultures". Fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yogurt its texture and its characteristics. Worldwide known cow's milk, the protein of which mainly comprises casein, is most commonly used to make yogurt, but milk from water buffalo, goats, ewes, mares, camels, and yaks is also used for it in various parts of the world. The water buffalo or domestic Asian water buffalo (*Bubalus bubalis*) is a large buffalo found on the Indian subcontinent to Vietnam and Peninsular Malaysia, in Sri Lanka, in Luzon Island in the Philippines, and in Borneo.

Dairy yogurt is produced using a culture of *Lactobacillus delbrueckii subsp. bulgaricus* and *Streptococcus thermophilus* bacteria. In addition, other lactobacilli and bifidobacteria are also sometimes added during or after culturing yogurt. Some countries require yogurt to contain a certain amount of colony-forming units of microorganisms.

In Western culture, the milk is first heated to about 80 °C (176 °F) to kill any undesirable bacteria and to denature the milk proteins so that they set together rather than form curds. In some places, such as parts of India, curds are a desired component and milk is not pasteurized but boiled. The milk is then cooled to about 45 °C (112 °F). The bacterial culture is added, and

the temperature is maintained for 4 to 7 hours to allow fermentation.

The origins of yogurt are unknown. In ancient Indian records, the combination of yogurt and honey is called "the food of the gods". Persian traditions hold that "Abraham owed his fecundity and longevity to the regular ingestion of yogurt". The oldest writings mentioning yogurt are attributed to Pliny the Elder, who remarked that certain "barbarous nations" knew how "to thicken the milk into a substance with an agreeable acidity". The use of yogurt by medieval growth of healthy bacteria in the colon and reduces the conversion of bile into carcinogenic bile acids. The more of these intestines-friendly bacteria that are present in your colon, the lower the chance of colon diseases. Basically, the friendly bacteria in yogurt seems to deactivate harmful substances (such as nitrates and nitrites before they are converted to nitrosamines) before they can become carcinogenic.

Conclusions. Yogurt is a rich source of calcium – a mineral that contributes to colon health and decreases the risk of colon cancer. Calcium discourages excess growth of the cells lining the colon, which can place a person at high risk for colon cancer. Calcium also binds cancer-producing bile acids and keeps them from irritating the colon wall. People that have diets high in calcium (e.g. Scandinavian countries) have lower rates of colorectal cancer. One study showed that an average intake of 1,200 milligrams of calcium a day is associated with a 75 percent reduction of colorectal cancer. As a survivor of colon cancer, I have a critical interest in the care of my colon. Yogurts like other dairy products has positive influence at young or old organism, and it is so tasty.

References

1. <http://www.askdrsears.com/topics/feeding-eating/family-nutrition/yogurt/10-reasons-yogurt-top-health-food>
2. http://en.wikipedia.org/wiki/Dairy_product
3. «АНГЛ.МОВА за проф. спрям.» Уклад.: І.І. Суліма, Н.В. Бурмістренко. – К.: НУХТ, 2006 – 99с.