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Nutritional evaluation and consumer's acceptability studies of soy-yoghurt fortified with natural fruit

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The continuous increase in population and inadequate supply of protein has increased the occurrence of malnutrition in developing countries. To meet the protein demands in developing countries, where animal protein is also grossly inadequate and relatively expensive, there is need for alternative sources of protein. Hence, the potential of obtaining same from soymilk fortified with appropriate fruit to enhance its acceptability. Soya-yoghurt juice was produced from the blend of soy-yoghurt and pineapple juice. This was done in order to improve the nutritional quality and consumer's acceptability of soy-yoghurt. Different proportion of soy-yoghurt flavored with pineapple juice in ratio (90:5, 80:10, 70:15, 60:20, 50:25) were compared with commercial yoghurt for proximate, pH, acidity and microbiological analysis. Sensory evaluation was conducted in order to determine the consumer's acceptability of the samples. The acceptable fruit soy-yoghurt was sample D with ratio 70:15 and proximate composition; moisture content 81.65 ± 0.50 , protein 5.45 ± 0.016 , fat content 3.23 ± 0.010 , ash content 0.22 ± 0.005 . Also, titratable acidity was 0.82 ± 0.0005 , pH 6.10 ± 0.000 and brix level 10.27 ± 0.065 . Microbiological examination revealed that the samples were within the acceptable minimum standards. There was no significant difference (P<0.05) in the total viable count of the soy-yoghurt. The sensory evaluation shows that there was no significant difference in color, appearance, taste and texture. The increase in protein demand in developing countries has thus led to finding this alternative source of protein, incidence of cardiovascular disease and lactose intolerance being other contributing factors.

Biography

Sharon Omolola Olukunle is a Researcher, Lecturer and Food Scientist. She has completed her Master's degree in Food Technology at the University of Ibadan, Nigeria. She has worked as an Assistant Lecturer and is currently working as a Lecturer at the Federal College of Animal Health and Production Technology, Nigeria. Her primary interests are centered on food technology/processing of underutilized crops, fortifications with health/medicinal benefits evaluation, product development/consumer acceptability and nutraceuticals development.

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