ENRICHMENT OF NUTRITIONAL QUALITY OF YOGHURT BY INCORPORATING SOYA PROTEIN ISOLATES AND WHEY PROTEIN CONCENTRATES

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ABSTRACT

Soy protein, an important component of soybeans, provides an abundant source of dietary protein. Among the plant proteins, soy protein is considered as a complete protein containing ample amounts of all the essential amino acids and several other micronutrients with a nutritional value which is alike to that protein present in animals which is of high biological value. In the current study, the replacement of SNF in Yoghurt found to have a slight effect on both acidity and pH. The acidity increased with increase in extent of replacement and there was a corresponding increase in pH. To study the effect of replacement on sensory characteristic of Yoghurt the control and treated samples was given to a panel of judges. The replacement had no significant effect on the color and appearance, flavor, body and texture as well as the overall acceptability of the product. The results clearly indicate that admixture of SPI and WPC can be effectively used to replace SNF in yoghurt to improve nutritional characteristics without affecting the quality parameters.

KEYWORDS: Soya Protein, Yoghurt, SPI & WPC

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