

## عنوان مقاله:

An Overview of the Use of Some Functional Substances in Yogurt Formulation

## محل انتشار:

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## خلاصه مقاله:

Functional foods are those foods that have a beneficial effect beyond one of the usual nutritional effects on one or more functional systems of the body and improve health and reduce disease. In recent years, rising medical costs have forced people to find cheaper and more effective ways to stay healthy. Therefore, the tendency towards functional foods has increased. In addition, the increase in the number of older people, as well as the increase in scientific evidence regarding the health effects of functional foods, are among the factors that play an important role in the high sales of these foods. Milk and dairy products are an important part of functional foods, and to prove it, it is enough to mention that people are already familiar with these products and believe that dairy products are healthy and natural. In recent years, with increasing awareness of the benefits of consuming functional compounds and the desire of producers and consumers for natural products, much research has been done in the field of finding sources rich in natural functional compounds. Many of the antioxidant and antimicrobial properties of plant extracts are due to the presence of substances such as phenol and flavonoids and similar compounds. Of all the dairy products, yogurt is the best known and most popular. Also, among fermented products, due to the desired flavor, texture and consistency, it is possible to mix it with other nutrients easily.

## کلمات کلیدی:

.Plant extracts, Formulation, Yogurt

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