

عنوان مقاله:

The Effect of Ginger on the Growth of Lactobacillus Acidophilus and Bifidobacterium Bifidum in Probiotic Dairy Products

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خلاصه مقاله:

Probiotics are regarded as live microorganisms that provide health benefits when consumed. In the present study, the potentiality of producing foods containing probiotic bacteria with milk, yoghurt and ginger bases was evaluated. The goal was to determine the effects of different doses of ginger on the growth of two probiotic bacteria, Lactobacillus acidophilus and Bifidobacterium bifidum (together) in milk and yoghurt. The products were then examined in terms of pH, acidity, microbe counting and persistence. In day ۱۴, the production quantities of the products were evaluated by sensory method. The results of the questionnaires (administrated to ۳۰ people) in statistical-descriptive test were analyzed using SPSS software. It was observed that the control sample had the best taste. The bioability of probiotic bacteria was measured by direct counting method. Product permanence was determined within ۲۱ days. It was revealed that the increased concentration of ginger had a positive effect on the growth of the probiotic bacteria in probiotic milk and yoghurt. To evaluate the effect of ginger on the amount of the probiotic yoghurt protein, the control sample and the yoghurt sample containing ۳% ginger were tested. As the results revealed, the amount of protein in the sample with ۳% ginger was more than the control sample.

کلمات کلیدی:

Bifidobacterium bifidum, ginger, Lactobacillus aciophilus, milk, probiotic, yoghurt, عصاره زنجبیل.

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