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Exploiting Milk Fermentation for Innovative Food Product Development with Health Benefits

Fermented milk products are regarded as an important element of human diet and have had a long history in human consumption. Some of these products have demonstrated potential therapeutic and probiotic effects. The standard process of milk fermentation involves the use of starter cultures associated with lactic acid bacteria. The fermentation process would produce an array of metabolites such as simple acids, vitamins, amino acids, peptides in addition to the development of desirable textural and flavor characteristics through biochemical transformation of natural molecules present in the milk. This paper presents strategies of exploiting milk fermentation as a premise in developing new food products having natural metabolites with proven health benefits.

Biography

Dr. Nazamid Saari is a professor in Food Biotechnology and Enzymology, Faculty of Food Science and Technology at Universiti Putra Malaysia.

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