

PRODUCTION OF FUNCTIONAL FERMENTED FOODS USING FOOD-GRADE LACTIC ACID BACTERIA

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Abstract:

In recent years consumers have been more health conscious, with more attention in choice of foods with health affecting activities. In some cases, consumers expect the food that they eat have ability to preventing illness. On the basis of this demand a wide variety of health-promoting foods have been introduced into the market. These foods have been fortified with one or several components which claim can affect organs or activities in human body in order to improve health level. One promising group of such kind of foods are products which fermented with food-grade microorganisms. Applied microorganism in these products can contribute to enhancing the nutritional value of food or directly affect consumer health which called probiotic. The aim of this study is the investigation of production possibility of bioactive peptides and gamma-amino butyric acid during fermentation of milk using lactic acid bacteria.



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