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Chapter 3 - Stabilizers, Colorants, and Exopolysaccharides in Yogurt

Kunal M. Gawai ... Jashbhai B. Prajapati

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Abstract

Yogurt is a lactic fermented dairy product that is consumed all over the world. It exists in different names and forms in different parts of the world. It is one of the extensively researched fermented milks. With time, to meet consumer expectations and market demand, yogurt has been continuously modified to obtain products with better appeal, keeping quality and nutritional effects. Mouthfeel, flavor, and texture are important sensory aspects of yogurt quality that ultimately decide the consumer acceptance of the product. Various additives such as stabilizers, colorants, and exopolysaccharides are being incorporated in yogurt to improve its sensory and textural characteristics. Primarily stabilizers are being added to make products viscous, and this category of additives has been greatly exploited. Many industries are trying for combinations of stabilizers to get added for benefits like flavor and color enhancers or maybe preferential overnutrition addition simultaneously. There are at the same time some regulation restrictions that

have diverted industries in alternate directions, such as using bacterial exopolysaccharides (EPSs). Some EPSs have been reported to influence yogurt texture, and specific EPS strains could be useful as thickeners and fat replacers. Although bacterial EPS applications have special concerns in yogurt preparation, which could replace almost all or in maximum extend with stabilizer. Along with these additives, overall presentation and extent of attraction to consumers depend on the color of yogurt. Over the past decade, the use of natural colors in foods and beverages has increased at a greater extent than that of synthetic colors. The use of such additives in the yogurt to add value in terms of nutritional and therapeutic aspects is also being seriously explored. This chapter deals with commonly used stabilizers, colorants, and exopolysaccharides in yogurt, and their types and properties.

Keywords

Additives; Carrageenan; Exopolysaccharide; Gelatins; Gums; Hydrocolloids; Natural and Synthetic Colors; Stabilizers

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