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Effects of herbal extracts on quality traits of yogurts, cheeses, fermented milks, and ice creams: A technological perspective

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Consumers are more aware about the relationship between their eating habits and nutritional status. Consequently, they look for foods that are added with natural products rather than synthetic chemical compounds. In this scenario, some companies have manufactured food products with the partial or total replacement of those synthetic additives by natural herbal extracts not only because of their antioxidant and antimicrobial properties but also because of the sensory aspects they confer into products. The dairy sector has invested in this segment of healthy foods and yogurts, fermented milks, cheeses (processed or not), ice creams, and other milk-based formulations have been added with herbal extracts (i.e. green tea, Roselle, white tea, and lemongrass aqueous extract) to attract the consumers' attention and propel the sales of these foods. Herein, we reviewed the latest developments of the dairy sector regarding new foods added with herbal extracts and the effects of herbal extracts on quality traits of yogurts, cheeses, fermented milks and ice creams.