

# Yogurt as a Fermented Dairy Product, Manufactured in Dairy Industries, Sri Lanka

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## ABSTRACT

Yogurt is one of the most popular fermented dairy products worldwide, which has great consumer acceptability due to its health benefits other than its basic nutritionstore. In general, yogurt is considered as a nutrition-dense food due to its nutrient profile and is a rich source of calcium, milk protein, and essential amino acids in bio-available form. Yogurt deliver significant amount of probiotic and prebiotic profile, which claim specific health benefits to human body. Yogurt is manufactured in numerous styles, type with different flavors. Therefore, consumer demand of yogurt has been amplified and became the fastest growing dairy category in the global market. Sri Lanka also has significant trends in the production, processing and marketing of the yogurt, contribute considerable volume in GDP of nation, which make the yogurt availability to public to obtain its health benefits.

*Keywords:* Health benefits, nutraceutical properties, production, Sri Lanka, yogurt

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## 1. Introduction

Dairy industry is one of the most prominent sector in Sri Lankan national economy. It has higher potential to island's developing concern. Livestock play diverse roles in Sri Lankan agriculture. Primarily, they provide a crucial source of high quality protein by producing milk, meat and eggs. In addition, cattle and buffalo are a primary source of renewable and low cost draught power for a variety of agricultural operations and transport. Other subsidiary products include hides, skins and manure. Livestock also serve as a 'living bank' for many small farmers, cushioning the risks associated with crop production and providing a financial reserve during periods of economic hardship [1]. Sri Lanka has certain percentage of effective land for agriculture. Agricultural land in Sri Lanka was reported at 43.69% in 2014, according to the World Bank collection of development indicators. The agriculture sector contributes about 7.5% to the national GDP, out of which fisheries sector contributes around 1.4% and livestock sector accounted for 0.8% [2].

Yogurt is an ancient fermented dairy product and has been consumed worldwide since the domestication of mammals [3]. Yogurt is defined as the product of milk which is being manufactured with or without the addition of some natural derivative of milk, such as whey concentrates, skim milk, powder, caseinates or cream with a gel structure that results from the coagulation of the milk proteins, due to lactic acid secreted by defined species of bacterial cultures and at the time of consumption, these bacteria must be "alive or abundant". The given definition of yogurt is part of the food legislation of many countries [4]. Yogurt is reflected as the most natural and healthy-probiotics and prebiotics, which offers numerous health improving effects and properties. The yogurt, production, varieties, properties and its associated health benefits, status of yogurt in Sri Lanka and types of yogurts available in the local market, are reviewed in this article.

## 2. Yogurt