

# Classification and Characterization of Yogurt

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## Commentary

**Received:** 28-Jul -2022, Manuscript No. JFPDT-22-74478; **Editor assigned:** 03-Aug-2022, Pre QC No. JFPDT-22-74478 (PQ); **Reviewed:** 17-Aug-2022, QC No. JFPDT-22-74478; **Revised:** 24-Aug-2022, Manuscript No. JFPDT-22-74478 (A); **Published:** 31-Aug-2022, DOI: 10.4172/2321-6204.10.4.005

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## ABOUT THE STUDY

Yogurt is prepared when the bacteria in milk is fermented. The microorganisms that are utilised to make yogurt are known as yogurt cultures. These bacteria turn milk sugars into lactic acid during the fermentation process, which combines with milk protein to give yoghurt its signature acidic flavour and texture. The milk that is most frequently used to produce yoghurt is cow's milk. Yogurt may also be made from the milk of water buffalo, goats, ewes, mares, camels, and yaks. It can be either raw or pasteurised. The effects of each variety of milk are very diverse. *Streptococcus thermophilus* and *Lactobacillus delbrueckii subsp. bulgaricus* microorganisms are used to make yogurt. Additionally, additional *bifidobacteria* and *lactobacilli* may be introduced before, during, or after yogurt culture. In certain nations, yogurt must include a certain number of Colony-Forming Units (CFU) of bacteria. Yogurt must contain at least 1 million CFU of *lactobacillus* per millilitre.

## Classification

To prevent curds from forming, milk must first be heated, typically to around 85°C (185°F), before being turned into yoghurt. The milk is heated and then allowed to cool to around 45°C (113°F). To allow fermentation to take place, the bacterial culture is added, and a warm temperature of 30-45°C (86-113°F) is maintained for 4 to 12 hours. Higher temperatures operate more quickly, but run the danger of a lumpy texture or whey separation.

Plain yogurt made from whole milk has 81% water, 9% protein, 5% fat, and 4% carbs, including 4% sugars. A 100 gram serving has 406 kilojoules (97 kcal) of caloric intake. Serving of yoghurt has a modest amount of protein, phosphorus, and selenium (14% to 19% DV), but is a high source of Vitamin B<sub>12</sub> (31% DV) and Riboflavin (23% DV).

**Traditional yogurt:** By adding microorganisms to milk, yogurt is made and thickened, giving it, its well-known tart flavor. The bacterial culture is added after cooling the milk after it has been cooked to prevent curds from developing. The majority of yogurt contains living, active cultures that support digestive health. Americans are

