

## Using Malt Extract for Yoghurt Production and Evaluating for Healthiness

**Fatma Esra Gunes**  
Marmara University, Turkey

**M**alt extract is a source of nutrition, energy, vitamin B and sometimes it is used as a “tonic”. The purpose of this presentation is to show the effect of using malt extract in yogurt production and evaluate the end product in terms of health.

Malt extract is a very valuable nutrient since it contains easily digestible carbohydrates like dextrin and maltose, protein decaying products, enzymes and vitamins. Malted milk is used most widely. When malt and milk are combined during the milk production process, the fat globules are encapsulated and become protective against the oxidative stress.

In recent years, because of this suitability of malt and milk, they were started to be used in ice cream and cheese industry. Malt extract-added yogurt contains water-soluble fructans, fructo-oligosaccharides and some nutrients which exist in malt contents and are considered as prebiotics. The presence of these substances in food makes it a functional food.

By adding the malt extract, the appearance, flavor, texture and taste of the yogurt was optimized. Malt extract can be used in production of yogurt and it can be acceptable and supporting in the health perspective.

**Keywords:** Malt extract, yogurt production, prebiotic, functional food

### **Biography:**

Fatma Esra Gunes has Graduated from Hacettepe University, Nutrition and Dietetics Department in 1991, got her master degree from Department of Public Health, Faculty of Medicine, Selcuk University in 1994, her master thesis was “Determination of vitamin C levels in the blood and urine of young people who are smoker and nonsmoker” and got her PhD from Department of Food Hygiene and Technology, Veterinary Faculty, Selcuk University in 2007, her doctorate thesis was “The use of malt extract in production of yogurt and cheese”. Interested in nutrition ecology, public health and epidemiology, nutritional epidemiology, food technology, clinical nutrition and nutritional medicine. Works since the December of 2008 at the Department of Nutrition and Dietetics of Health Sciences Faculty of the Marmara University, and is Associate Professor and the head of the department since 2016.