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## FROM SOY TO YOGURT -A NUTRITIONAL REVIEW

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**INTRODUCTION:** In 2009, 26,8% of Portuguese adults consumed dairy yoghurt every day, and in 2016, the average daily consumption was estimated at 62g/day. However, the availability for the use of soy-products has been increasing to the detriment of dairy products.

**AIM:** Describe the industrial production process of soy yoghurt, comparing its nutritional properties with dairy yoghurt.

**MATERIAL & METHODS:** Soy yoghurt producing companies provided the technologic process inputs. The dietetic analyses of the soy yoghurts were based on the nutritional values provided by the products labels and also in the Portuguese Food Composition and Nutritional Table.

**RESULTS:** The technologic process data shows that soybeans are peeled, and then passed through a combination of water exposure (hot and cold). The soy liquid is separated from the pulp (okara), and afterwards, microbiological cultures are added to make yoghurt consistency. The nutritional data analysed (means) shows that in each 100g of soy yoghurt, there are 43kcal, 2.3g of lipids (0.4g saturated) 0.5g HC (0g sugars), 4g protein, 0.8g Fiber and 0.18g sodium. The same amount of natural yoghurt contains 54kcal, 1.8g lipid (1g saturated), 5g HC (5g sugars), 4.2g protein, 0g fibre, 62mg sodium and 118mg of calcium. However there isn't values for vitamins.

**CONCLUSION:** Soy yoghurt presents the same benefits as traditional yoghurt, and yet is free of lactose, casein and cholesterol and has low saturated fat content, even though it's not a good source of calcium. Though there is no specific nutritional values for vitamins, there is evidence that the technologic process may lead to some vitamins losses, but further studies are required.

### Biography

Ana Lucia Baltazar is the Head of Dietetics and Nutrition Department at Coimbra Health School. She is a Senior Lecturer and holds a BSc (Hons) in Dietetics, a Master in Health and Safety at Work and is Specialist in Nutrition and Dietetics. She teaches food toxicology and food technology. She is Post-graduated in auditors in HACCP and in Health and Safety at Work. She is a Member of the Working Groups Microbiological Occurrence in the Food Chain, Food toxoinfections and Effective Communication in Food at National Institute of Health Dr Ricardo Jorge, Lisbon, Portugal. She is a PhD Student in Food Sciences at University of Valencia-Spain.

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