



## **TITLE: Probiotics and health. Development of a new functional product**

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### **ABSTRACT (upto 300 words)**

A The growing concern of the population with health has increased the demand for foods that have functional properties, which, besides the added nutritional value, stimulate physiological and / or metabolic activities providing benefits to the individual. Among these are probiotic, prebiotic and symbiotic foods. Thus, the present work's objective was to evaluate the cell viability of 6 strains of *Lactobacillus*, namely: *L. plantarum* ATCC 8014, *L. acidophilus* ATCC 4356, *L. delbrueckii* UFV H2B20, *L. fermentum* ATCC 9338, *L. casei* ATCC 7469 And *L. paracasei* SP11 incorporated in Brazilian cream cheese. Subsequently, the probiotic Brazilian cream cheese was inoculated with the respective strains, individually, where the viability of said strains was evaluated over the 65-day storage period at 5 ° C, which corresponds to the shelf life of the product on the market. Samples were collected for physico-chemical characterization (pH and titratable acidity) in 7, 30, 45 and 65 days. At the initial time and after 65 days, samples were submitted to sensorial analysis being evaluated attributes such as taste, odor, appearance and overall impression, as well as the purchase intention and acceptability index. In all probiotic formulations the viable cell population in 1g of Brazilian cream cheese containing *Lactobacillus* was greater than 10<sup>8</sup> CFU / g after 65 days of storage at 5 ° C, being in accordance with standards established by ANVISA.

The physico-chemical analyzes showed that all the Brazilian cream cheese formulations are in accordance with the minimum standard established by ANVISA. Sensory analysis revealed that the incorporation of *Lactobacillus* in the formulations did not negatively influence the evaluated attributes, as well as the acceptance of the product. These results allow us to conclude that *Lactobacillus* are suitable microorganisms for the creation of a new functional product, as well as the probiotic Brazilian cream cheese.

### **BIOGRAPHY (upto 200 words)**

Livia Carvalho holds a degree in Nutrition from the Federal University of Ouro Preto, a Master's degree in Science in the Probiotics Laboratory at the University of São Paulo, and is currently a doctoral student in the same program. Livia is a professor at Universidade Anhembi Morumbi, and works strongly in the subjects of intestinal microbiota modulation, probiotics, prebiotics and symbiotics. Both in the development of new functional products and in the nutritional clinical application of probiotics.



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