

DEVELOPMENT OF FUNCTIONAL DRINKS ON THE BASIS OF STARTERS

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Introduction. Lactic acid bacteria are the group of gram-positive microaerophilic microorganisms useful for the functioning of the human body. Lactic acid bacteria belong to the family of Lactobacillaceae which includes:

1. subfamily Lactobacilleae (includes the genus Lactobacillus);
2. subfamily Streptococceae (includes the genus Streptococcus, Leuconostoc, Pediococcus).

Depending on the fermentation products, lactic acid bacteria are divided into:

1. homofermentative - lactic acid is released during the fermentation of carbon;
2. heterofermentative - lactic acid formed by the decomposition of carbohydrates.

Species of the genus Streptococcus in the fermentation of sugar converted to lactic acid, and only the minimum sugar turns to alcohol and acetic acid. The most widely used in the practice of the human species of this genus are: Str.lactis, Str.citrovorus, Str.cremoris, Str.thermophilus, Str.diacetilactis.

Results and discussion. Lactic fermentation is faster under the influence of Lactobacillus genus of bacteria, among which the most widely used following types: L.casei, L.brevis, L.acidophilum, L.plantarum. Also bacteria of the genus Bifidobacterium have of great importance to humans, which are among the first representatives of the normal flora colonizing the mucous of babies. Lactobacilli support the normal balance of the intestinal microflora, are inhibitors of pathogens, have immunomodulatory activity, reduce cholesterol levels in the blood and amines, and reduce the risk of tumor tissue, synthesized vitamins, amino acids, enzymes. The use of lactic acid bacteria improves human health, increases its resistance to infection. Representatives of the normal flora of the normal human have long been used in probiotic products and preparations. Today is very popular among the population use starters, which you can use at home to get tasty and healthy functional foods. It can be found several firms in Ukraine in pharmacies and grocery stores: Good Food, Vivo, Genesis, Fit, etc.; there are available yogurt, yogurt, sour cream, cheese, cottage cheese and others on the basis of their. Technology and the amount of starters increases, as a positive effect from the reception of functional products based on them is a fact.

Conclusion. In this regard, a series of functional products on the basis of starters that are useful to humans and the production of which would be easy for home cooking are developing at the department of biotechnology of NUPh.