

ABSTRACT

Milk is a high nutritive balanced food. It consists of valuable material such as proteins, fat, milk sugar(lactose), vitamins and etc. A range of ways are available to preserve milk by converting it in to value added product, such as preparation of butter, cream, curd, cheese and yoghurt etc. Among them there is a big demand for yoghurt due to its flavor, taste, appearance, and nutritive value. It also has a relatively longer shelf life and easy to process at small to large scales. Yoghurt is produced from milk by lactic acid fermentation *Streptococcus thermophilus* and *Lactobacillus bulgaricus* are used in this process. Yoghurt can be produced in 2 types; set and stirred. Major categories are full fat, low fat and non fat

Low calorie yoghurt is healthy food in which sugar is replaced by an artificial sweetener. Low calorie yoghurt is produced from skim milk or raw milk (by removing fat) with use of artificial low calorie sweeteners. These type of products are suitable for people who are suffering from Hyperlipidaemia, diabetics and cardiovascular disease. The main low calorie sweeteners are aspartame, cyclamate, saccharin and etc. The main ingredients are raw milk, sweetener, gelatin, colouring, flavor and starter culture. Some operations are involved in preparation of low calorie yoghurt such as homogenization, heat treatment, fermentation, incubation and cooling. A study was carried out to find out a sweeteners suitable for a low calorie yoghurt formula.

According to sensory evaluation, sorbitol is a appropriate sweetener in production of low calorie yoghurt. It is mostly resemble to the sugar and not remain sweeten aftertaste and also it has minimal effect of carcinogenic and other defects.