



UNIVERSIDADE FEDERAL DE VIÇOSA  
CENTRO DE CIÊNCIAS EXATAS E TECNOLÓGICAS  
DEPARTAMENTO DE TECNOLOGIA DE ALIMENTOS  
**Secretaria da Pós-Graduação em Ciência e Tecnologia de Alimentos**



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*Campus Universitário – Viçosa, MG – 36570-900 – Telefone (31)3612-6705/6760 – E-mail: tca@ufv.br*

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TAL 797 – Seminário

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## **PROBIOTICS IN PLANT-BASED BEVERAGES: FLAVOR AND HEALTH**

**Graduate student:** Mirielle Teixeira Lourenço

**Advisor:** Érica Nascif Rufino Vieira - Department of Food Technology


In recent years, growing consumer awareness about the relationship between food and health has driven the search for healthier options. Interest in "functional foods" and "nutraceuticals", which promote well-being and the prevention of chronic diseases has increased. In this context, probiotics are live microorganisms that when administered in appropriate quantities, can provide benefits to the health of the host. Brazilian legislation stipulates that the presence of probiotic bacteria must be 8 to 9 Log CFU per daily portion of the product, as a measure to guarantee its beneficial effects on health. Traditionally, fermented dairy products are sources of probiotics, however the growing adherence to veganism and the search for non-dairy alternatives have encouraged the use of these microorganisms in fruit juices and plant-based beverages made from almonds, soy, coconut, and oats. These beverages made with plant matrices offer a favorable environment for the growth and maintenance of probiotic viability being rich in carbohydrates, minerals, and vitamins. The combination of the nutritional and functional properties of fruits with the benefits of probiotics creates opportunities for the development of functional and innovative plant-based products. The fermentation of plant-based beverages with probiotics increases their shelf life and improves sensory aspects making them attractive to consumers looking for non-dairy alternatives. Furthermore, this application of probiotics in plant-based beverages is a promising strategy to reduce post-harvest fruit losses and increase market accessibility for consumers looking for non-dairy probiotic beverages. The development of plant-based probiotic beverages meets the demand of consumers looking for healthy, nutritious, functional products free from products of animal origin, representing a sustainable way to promote health and well-being.

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