COMPARISON OF THE NUTRITIONAL QUALITY BETWEEN THE COCOA YOGURT AND A COMMERCIAL YOGURT

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Yogurt is rich in protein, calcium and phosphorus, and presents low-fat content and good digestibility and contains minerals such as zinc and magnesium. Cocoa is also rich in dietary fiber, antioxidant compounds and minerals, and has several beneficial health effects, including the prevention of cardiovascular diseases, cerebrovascular diseases and cancer, inhibiting oxidation of LDL cholesterol, regulating blood pressure and hypercholesterolemia and ability to improve glucose metabolism and insulin sensitivity. The objective of this study was to obtain nutritional information about cocoa yogurt comparing it to the nutritional value of a commercial natural yogurt. Four formulations of yogurt were prepared in a different concentration of cocoa (3% to 4%) and sucrose (7% and 10%). The nutritional components were estimated in triplicate according to the Analytical Standards of the Adolfo Lutz Institute. The fiber content was estimated on the amount of cocoa added. The elaborated yogurts presented lower energetic value than the commercial yogurt, with a reduction of 18% to 9% and protein content above 23% to 30% in comparison to the commercial sample. Regarding the carbohydrate content, the elaborated yogurt presented a reduction of 24% to 35% in comparison to the commercial yogurt. Formulations 1 and 4 contained 1.72 g of fiber per serving and Formulations 2 and 3, with 1.29 g per serving, and the commercial yoghurt had no significant amount of this nutrient. The cocoa yogurt pointed out a superior nutritional value in comparison to the commercial yogurt, thus becoming a high nutritious alternative with low caloric value.