DRAGON FRUIT (Hylocereus undatus) YOGURT SUPPLEMENTED FIBER

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The market for food aimed at health benefit has shown promise. Allied to this fact are increasingly emerging studies in dairy foods such as yogurt, a product of high biological value, promoter of beneficial health qualities and sell easily. The aggregation of the yogurt with dragon fruit pulp, exotic fruit of sensory potential and little exploited, makes the product easily accepted by consumers due to its pleasant taste. In addition, supplementation of yoghurt with quinoa (insoluble fiber) will add value because it has high protein content and significant fatty acids. Accordingly, the present study was aimed development a yogurt-based 40% pulp dragon fruit added quinoa, in order to increase the dietary fiber content. The total fiber content was determined by the enzymatic digestion method. The amount of insoluble dietary fiber found in the dragon fruit yogurt was 1.44 g per 100g of product and 0.44 g per 100 g of soluble dietary fiber, a total of 1.88 g of total dietary fiber. The yogurt food portion to be 200 g, which was the product presented 3.76 g of fiber per serving. According to ANVISA the product must contain 3 g of fiber per serving to contain the claim dietary fiber, and it can be concluded that the yogurt-based dragon fruit added quinoa is a product with a claim in accordance with current legislation.