HOW yogurt IS MADE

The aroma, flavor and texture of yogurt can vary depending on the type of milk and culture, the amount of milk fat/nonfat milk solids, fermentation process and temperature used.

Start with milk (Plus optional nonfat solids for added firmness)
Whole, reduced fat, low-fat or nonfat.

Homogenization
The milk (plus optional nonfat solids) is homogenized prior to "setting" to prevent separation of the fat. This helps to create a smooth finished product.

Pasteurization
Milk is pasteurized to destroy milk-borne pathogens.

Cooling and addition of healthy bacteria. Milk is cooled after pasteurization, then Lactobacillus bulgaricus and Streptococcus thermophilus are added and incubation begins. The primary function of these harmless cultures is to convert milk sugar (lactose) into lactic acid. Note: Some yogurts, like fruit on the bottom yogurt, have fruit/flavorings added prior to incubation.

Incubation is the setting phase. It serves to promote the growth of cultures and thus, the production of lactic acid. This acid lowers the pH of the mixture, changing the structure of the proteins (namely casein) in milk, and the resulting "coagulated" milk product, yogurt, is formed.

Optional Ingredients Added
Other ingredients – such as fruits and flavorings – are stirred in prior to packaging.

Dairy MAX
YOUR Local Dairy Council

Diagram adapted from Patton, Stuart. Milk. New Brunswick: Transaction Publishers, 2004. Print.