

Incorporation of olive pomace ingredients in yoghurt as source of fibre and hydroxytyrosol: Bioactivity and stability of throughout gastrointestinal digestion



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PORTO



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Introduction

It's highly appreciated for its nutritional and health benefits linked to its high calcium content, bioactive peptides and functional bacteria^(3,4)
But, does not contain fibre nor polyphenols

Yoghurt

LOPP POPP
New attracting source of dietary Fibre⁽⁵⁾ and polyphenols, mainly hydroxytyrosol⁽⁶⁾

Olive pomace powders

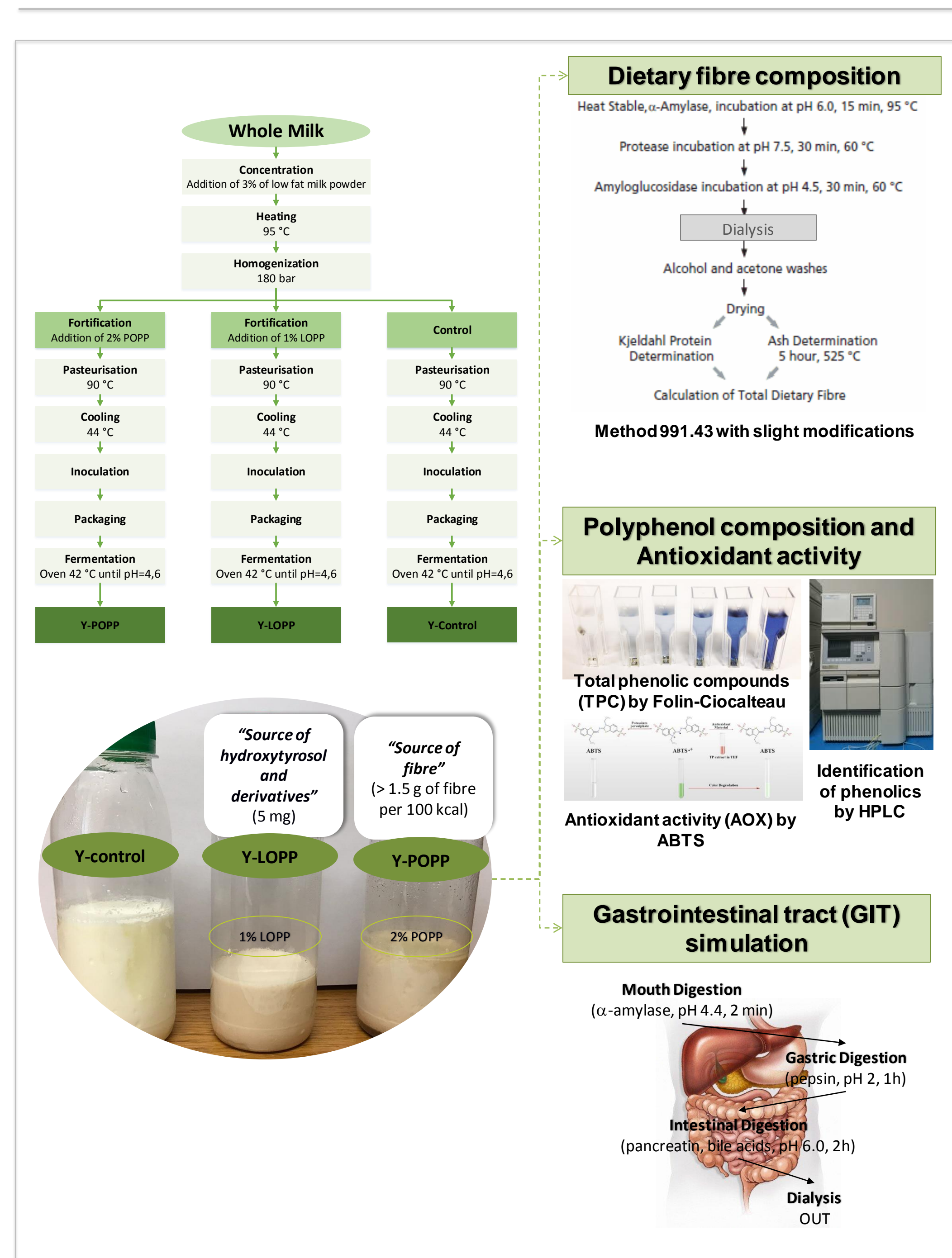


Y-LOPP Y-POPP
Olive pomace powder fortified yoghurts

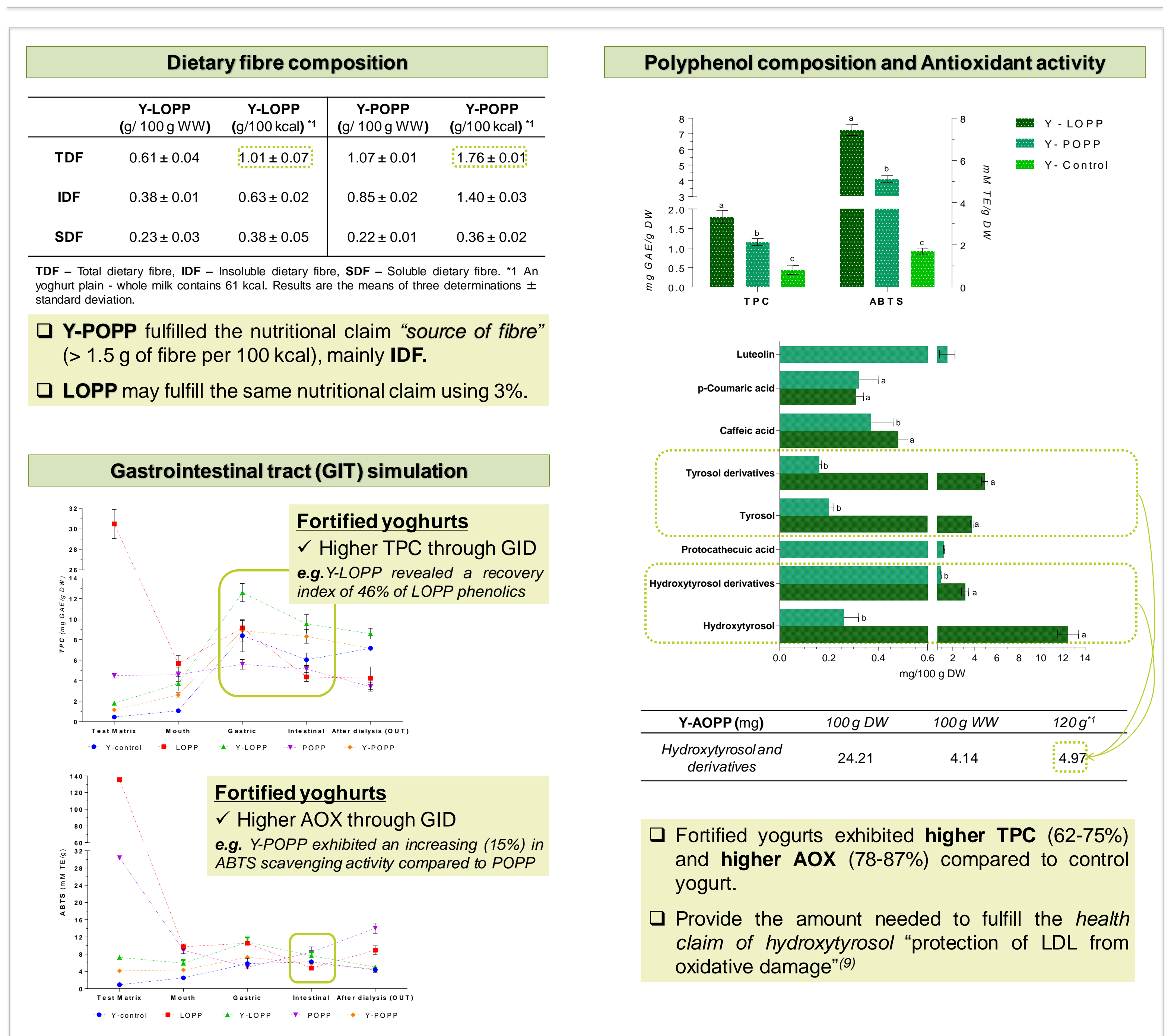
OBJECTIVES

- Assess the feasibility of incorporation of OP powders into yoghurt as a source of fibre and polyphenols.
- Evaluation of the bioaccessibility and antioxidant activity during simulated gastrointestinal digestion.

Methods



Results



Conclusions

OP powders can be considered an important source of fibre and bioaccessible hydroxytyrosol. Dairy products may be good carriers of OP bioactives, conveying significant nutritional and health benefits to the consumers. The consumption of one yoghurt (Y-LOPP)/day or one yoghurt (Y-POPP)/day in an equilibrated diet, it may allow the health claim of hydroxytyrosol and the nutritional claim "source of fibre", respectively. These results showed that yoghurt matrix allowed the release of OP polyphenols into the gut.