



Summary

Fermented dairy products are an important part of traditional diet, although their production/consumption is more common in some countries than others. They include a very wide variety of products obtained from milk by means of different combinations of fermentation and other biochemical activities with different technological interventions. Acidification is carried out by starter lactic acid bacteria (LAB) whereas other LAB, moulds, and yeasts become dominant during ripening and contribute to the development of aroma and texture in dairy products. Product diversity could be due to chemical composition (mainly as moisture, fat and protein contents), texture, taste and aroma, as well as, quite typically, shape and size. These products represent an important component of functional foods as they often contain beneficial compounds, which are produced by the metabolic activity of their microbiota (vitamins, conjugated linoleic acid, bioactive peptides, and gamma-aminobutyric acid, among others). These compounds help in improving gut health, boosts immune system, maintains body weight, reduces tiredness and fatigue, maintains normal bones, teeth, muscles and vision.

