Summary

Dairy foods include a wide variety of foods such as milk, butter, yogurt, cream, ice cream, and cheese. These foods represent some of the most important types of foods in Western societies. The manufacture of ice cream has progressed from a homemaker's art to a sophisticated factory operation and from a product of variable composition to one whose composition is carefully selected and precisely monitored. From a limited number of options, the ice cream industry has engendered a whole family of products distinguished by a variety of shapes, flavors and flavor combinations, composition, packages, and consistency at serving time. People of all ages are increasingly consuming ice cream. Governments worldwide are involved in the regulation policies and programs related to ice cream. The ice cream turns out to be increasingly challenging, as it has to fulfill the consumer's expectancy and simultaneously relish and healthy. Even though many ice-cream formulations are rich in sugar and fat, ice-cream is generally considered as a nutritive food, since it contains milk, and sometimes fruit, in its formulation. The addition of probiotic cultures to ice-creams provides it with the advantage of being functional. This content provides a complete overview of ice cream and composition, the roles of Ingredients, and the methodologies involved in its technological, nutritional, and sensory quality as well as of safety aspects.