

## **Summary**

In the Indian subcontinent, the words "curd" or "curds" are used to refer to "yogurt". Yogurt or yoghurt is the most popular fermented milk product in the world. It is made by fermenting milk using bacterial cultures. It is a mixture of milk (like whole, reduced-fat, lowfat or nonfat) and cream fermented by a culture of lactic acid bacteria, these bacterial strains convert part of the lactose into lactic acid. The milk coagulates when a sufficient quantity of lactic acid is produced. In the manufacture of yoghurt, two kinds of lactic acid bacteria are generally used with usually unpasteurized milk.

Yogurt is a food produced by bacterial fermentation of milk, it contains some bacterial cultures that make it unique. Yogurt spread from Central Asia to the Middle East and Europe and the U.S. Today, it is known and consumed in almost all parts of the world. Yogurt is often included on healthy food lists that too for a good reason. Yogurt is highly nutritious and is an excellent source of protein, calcium and potassium. It provides numerous vitamins and minerals and is relatively low in calories.