

DAFTAR PUSTAKA

- Alsaleem, M., Dusin, J., & Akangire, G. (2021). Effect of Low Lactose Formula on the Short-Term Outcomes of Neonatal Abstinence Syndrome: A Systematic Review. *Global Pediatric Health*, 8. <https://doi.org/10.1177/2333794X211035258>
- Badan Pengawas Obat dan Makanan. 2011. Pengawasan Klaim dalam Label dan Iklan Pangan Olahan Jakarta : BPOM RI.
- Badan Standarisasi Nasional. 2009. Standar Nasional Indonesia Yogurt. Jakarta : Pusat Standarisasi Industri Departemen Perindustrian.
- Baglio, E. (2014). Chemistry and Technology of Yogurt Fermentation. *Chemistry and Technology of Yogurt Fermentation*.
- Banerjee, U., Malida, R., Panda, R., Halder, T., & Roymahapatra, G. (2017). Variety of yogurt and its health aspects. *International Journal Innovative Practice and Applied Research*, 7(7), 56–66.
- Barr, S.I. 2013. Percieved Lactose Intolerance in Adult Canadians: a national survey. *Applied Physiology, Nutrition, and Metabolism*.
- Bujalance C, Jiménez-Valera M, Moreno E, Ruiz-Bravo A. A Selective Differential Medium for *Lactobacillus plantarum*. *J Microbiol Methods*. 2006;66(3):572–5. doi: 10.1016/j.mimet.2006.02.005
- Cano-Contreras AD, Minero Alfaro IJ, Medina López VM, Amieva Balmori M, Remes Troche JM, Espadaler Mazo J, et al. Efficacy of i3.1 Probiotic on improvement of lactose intolerance symptoms: a randomized, placebo-controlled clinical trial. *J Clin Gastroenterol* 2020 Online ahead of print. doi:10.1097/MCG.0000000000001456
- Catanzaro R, Sciuto M, Marotta F. Lactose intolerance: An update on its pathogenesis, diagnosis, and treatment. *Nutr Res*. 2021 May;89:23-34. doi: 10.1016/j.nutres.2021.02.003. Epub 2021 Mar 21. PMID: 33887513. <https://doi.org/10.1016/j.nutres.2021.02.003>.
- Calinoiu, L.F., Vodnar, D.C., & Precup, G. 2016. The probiotic bacteria viability under different conditions. *Bulletin UASVM Food Science and Technology*, 73, 55-60
- Code of Federal Regulations. 2021. Title 21 : Yogurt. <https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-131/subpart-B/section-131.200>. Diakses 18 Agustus 2022
- Damarwati, I., Rahayu, E. S., & Djafaar, T. F. (2020). Physical Characteristics of Probiotic Chocolate Candy *Lactobacillus plantarum* Dad-13 Produced in Agricultural Techno Park Nglanggeran, Gunungkidul. Universitas Gadjah Mada.
- Dekker, Peter J.T., Koenders, D., Bruins, Maaike J. 2019. Lactose Free Dairy Products: Market Developments, Production, Nutrition and Health Benefits.

- Deshwal, G. K., Tiwari, S., Kumar, A., Raman, R. K., dan Kadyan, S. (2021). Review on factors affecting and control of post-acidification in yoghurt and related products. *Trends In Food Science and Technology*, 109(January), 499–512.
- Di Rienzo, T., D'Angelo, G., D'Aversa, F., Campanale, M. C., Cesario, V., Montalto, M., Gasbarrini, A., & Ojetto, V. (2013). Lactose intolerance: from diagnosis to correct management. *European Review for Medical and Pharmacological Sciences*, 17(Suppl 2), 18–25.
- Food and Agriculture Organization of the United Nations. 2022. Milk Composition. <https://www.fao.org/dairy-production-products/products/milk-composition/en/>. Diakses 19 Januari 2022.
- Gingold-Belfer R, Levy S, Layfer O, Pakanaev L, Niv Y, Dickman R, et al. Use of a novel probiotic formulation to alleviate lactose intolerance symptoms - a pilot study. *Probiotics Antimicrob Proteins* 2020;12:112–18. doi:10.1007/s12602-018-9507-7.
- Hansen, T., PM, A., YL, J., & AT, P. (2002). Survival of free and calcium-alginate microencapsulated *Bifidobacterium* spp. in simulated gastro-intestinal conditions *Food Microbiol.* 19, 35–45.
- Hartati, A. I., Pramono, Y. B., & Legowo, A. M. (2012). Lactose And Reduction Sugar Concentrations, Ph And The Sourness Of Date Flavored *Yogurt drink* As Probiotic Beverage. *Journal of Applied Food Technology*, 1(1), 1–3.
- He M, Sun J, Jiang ZQ, Yang YX. Effects of cow's milk beta-casein variants on symptoms of milk intolerance in Chinese adults: a multicentre, randomised controlled study. *Nutr J* 2017;16:72. doi:10.1186/s12937-017-0275-0.
- Hegar B, Widodo A. Lactose intolerance in Indonesian children. *Asia Pac J Clin Nutr.* 2015;24 Suppl 1:S31-40. doi: 10.6133/apjcn.2015.24.s1.06. PMID: 26715082.
- Hrabova, H. dan Hylmar, B. 1987. *Dairy Science Abstracts*. Di dalam Tamime, A.Y. dan Robinson, R.K. 2000. *Yoghurt Science and Technology*, 2nd Edition. Pergamon Press, Ltd., Canada.
- Ibarra, A. Acha R. Calleja M-T, Boix-Chiralt. Wittig, E. Optimization and shelf life of low lactose yogurt with *Lactobacillus rhamnosus* HN001.2011 *J. Dairy Sci.* 95:3536-3548
- Konar N, Palabiyik I, Toker OS, Polat DG, Kelleci E, Pirouzian HR et al (2018) Conventional and sugar-free probiotic white chocolate: effect of inulin DP on various quality properties and viability of probiotics. *J Funct Foods* 43:206–213
- Lahtinen, S., Ouwehand, A. C., Salminen, S., & von Wright, A. (2012). *Lactic Acid Bacteria : Microbiological and Functional Aspects*. CRC Press.
- Leroy, F., & Vuyst, L. De. (2004). Lactic acid bacteria as functional starter cultures for the food fermentation industry. Review. *Trends. Food Sci. Tech.*, 67–78.

- Marini, Thais. Gallina, D.A. Nabeshima, E.H., Ponezi, A.N., Katya Anaya, Adriane Elisabete Costa Antunes, Maria Teresa Bertoldo Pacheco, Development of probiotic yogurts with high protein content by ultrafiltration, NFS Journal, Volume 29, 2022, Pages 16-25, ISSN 2352-3646, <https://doi.org/10.1016/j.nfs.2022.09.003>.
- Majeed, M., Majeed, S., Nadabhushanam, K., Arumungam, S., & K, A. F. (2019). Evaluation of probiotic *Bacillus coagulans* MTCC 5856 viability after tea and coffee brewing and its growth in GIT hostile environment. Food Research International, 121, 497–505.
- McCain HR, Kaliappan S, Drake MA. Invited review: sugar reduction in dairy products. J Dairy Sci 2018;101:8619–40. doi:10.3168/jds.2017-14347
- Mlichová, Z., & Rosenberg, M. (2006). Current trends of β -galactosidase application in food technology. Journal of Food and Nutrition Research, 45(2), 47–54.
- Nagaoka, S. (2019). Yogurt Production. In: Kanauchi, M. (eds) Lactic Acid Bacteria. Methods in Molecular Biology, vol 1887. Humana Press, New York, NY. https://doi.org/10.1007/978-1-4939-8907-2_5
- Najmiyati, E., & Akhadi, D. (2012). Viabilitas Dan Kinerja Konsorsium Mikroba Pendeградasi Hidrokarbon Setelah Penyimpanan Dalam Pendingin Dan Penyimpanan Beku. Ecolab, 6 No.2 jul, 61–104.
- Natanael Luwidharto JC, Rahayu E, Suroto DA, Wikandari R, Ulfah A, Utami T. Effects of *Spirulina platensis* Addition on Growth of *Lactobacillus plantarum* Dad 13 and *Streptococcus thermophilus* Dad 11 in Fermented Milk and Physicochemical Characteristics
- Ojetti, V., Gigante, G., Gabrielli, M., Ainora, M.E., Mannocci, A., Lauritano, E.C., Gasbarrini, G., Gasbarrini, A. The effect of oral supplementation with *Lactobacillus reuteri* or tilactase in lactose intolerant patients: Randomized trial (2010) European Review for Medical and Pharmacological Sciences, 14 (3), pp. 163-170. Cited 48 times.
- Pachekrepapol, J.A. Lucey, Y. Gong, R. Naran, P. Azadi Characterization of the chemical structures and physical properties of exopolysaccharides produced by various *Streptococcus thermophilus* strains. Journal of Dairy Science, 100 (5) (2017), pp. 3424-3435, 10.3168/jds.2016-12125
- Pallavi, J. R. S., Sanodiya, B. S., & Bisen., P. S. (2014). Microbial Exopolysaccharides: Natural Modulators of Dairy Products. J. Appl. Pharma. Sci., 4, 105-109.
- Papagianni, M. (2012). The, "Metabolic engineering of lactic acid bacteria for production of industrially important compounds. Comput. Struct. Biotechnol, 3, 1–8.
- Parvez, S. (2006). Probiotics and Their Fermented Food Products Are Beneficial For Health. Journal of Applies Microbiology, 100, 1171-1185.

- Purwandhani, S. N., Utami, T., Millati, R., & Rahayu, E. S. 2018. Potensi *Lactobacillus plantarum* yang diisolasi dari Dadih dalam Meningkatkan Kadar Folat Susu Fermentasi. *Agritech*, 37(4), 395.
- Rahayu, E.S. 2003. Lactic Acid Bacteria in Fermented Foods of Indonesian Origin. *Jurnal Agritech* 23(2):75-84.
- Rahayu, E.S., M. Cahyanto, L. Windiarti, J. Sutriyanto and T. Kandarina et al., 2016. Effects of consumption of fermented milk containing indigenous probiotic *Lactobacillus plantarum* dad-13 on the fecal microbiota of healthy Indonesian volunteers. *Int. J. Probiot.*, 11: 91-98.
- Rahayu, E.S., Rusdan, Ilhamza H., Athennia, A., Rafli, Kamil Z., Pramesi, Putrika C., Marsono, Yustinus, Utami, Tyas, Widada, Jaka. 2019. Safety Assessment of Indigenous Probioti Strain *Lactobacillus plantarum* Dad-13 Islated from Dadih Using Sprague Dawley Rats as a Model. *American Journal of Pharmacology and Toxicology*.
- Rahayu, E. S., & Utami, T. 2019. Probiotik dan Gut Microbiota serta Manfaatnya pada Kesehatan. Yogyakarta: Penerbit Kanisius.
- R W Hutskin. (2006). *Microbiology Technology of Fermented Foods*. Blackwell Publising. UK.
- Sarmadi B, Nikaram P, Mortazavian AM, Kiani H, Mousavi M, Khanniri E, Mohammadi R, Cruz AGd, High-Methoxyl Apple Pectin Improves Rheological Properties and Storage Stability of the Flavored Probiotic Yogurt Drinks, Compared to Pomegranate Pectin. *Appl Food BIotechnol*. 2022; 9 (2): 91-102.
- Salminen, S., von Wright, A., & Ouwehand, A. (2004). *Lactic Acid Bacteria : Microbiological and Functional Aspects* 3rd Edition. Revised, and Expanded. Marcel Dekker Inc.
- Ścibisz, M. Ziarno, M. Mitek Color stability of fruit yogurt during storage *J. Food Sci. Technol.*, 56 (4) (2019), pp. 1997-2009
- Sepideh, H., Khanafari, A., Maryam, T., 2012. Investigation of probiotic chocolate effect of *Streptococcus mutans* in response to glucose and sucrose. *Journal of Medical Microbiology*, 56 (1): 1528-1535.
- Sharma, R. 2013. *Sensory Quality Aspect of Yogurt*. Australia. Dairy Australia.
- Shori, A. B., Albalawi, A., Al Zahrani, A. J., Al-sulbi, O. S., & Baba, A. S. (2021). Microbial analysis, antioxidant activity, and sensory properties of yogurt with different starter cultures during storage. *International Dairy Journal*, 126, 105267.
- Sumarmono, Juni. 2016. *Yogurt & Concentrated Yogurt*. Purwokerto : Lembaga Peneitian dan Pengabdian Masyarakat Universitas Jenderal Soedirman.

Szilágyi A, Ishayek N. Lactose Intolerance, Dairy Avoidance, and Treatment Options. *Nutrients*. 2018 Dec 15;10(12):1994.

doi: 10.3390/nu10121994.

Tamime, A. Y., & Robinson, R. K. (2000). *Tamime and Robinson's Yogurt: Science and Technology*.

Turchi, B., Pedonese, F., Torracca, B., Fratini, F., Mancini, S., Galiero, A., Montalbano, B., Cerri, D., & Nuvoloni, R. (2017). *Lactobacillus plantarum* and *Streptococcus thermophilus* as starter cultures for a donkey milk fermented beverage. *International Journal of Food Microbiology*, 256(May), 54–61. <https://doi.org/10.1016/j.ijfoodmicro.2017.05.022>

Troise, A. D., Bandini, E., De Donno, R., Meijer, G., Trezzi, M., & Fogliano, V. (2016). *The quality of low lactose milk is affected by the side proteolytic activity of the lactase used in the production process. Food Research International*, 89, 514–525. doi:10.1016/j.foodres.2016.08.021

Twetman, S. dan Stecksén, B.C., 2008. Probiotics and oral health in children. *International Journal of Pediatrics Dentistry* 18(1): 3-10.

Ulyatu, F., Pudji, H., Tyas, U., & Umar, S. (2015). The changes of sesaminol triglucoside and antioxidant properties during fermentation of sesame milk by *Lactobacillus plantarum* Dad 13. *International Food Research Journal*, 22(5), 1945–1952.

Vitellio P, Celano G, Bonfrate L, Gobetti M, Portincasa P, De Angelis M. Effects of *Bifidobacterium longum* and *Lactobacillus rhamnosus* on gut microbiota in patients with lactose intolerance and persisting functional gastrointestinal symptoms: a randomised, double-blind, cross-over study. *Nutrients* 2019;11. doi:10.3390/nu11040886

Wardani, S.K. Cahyanto, M.N. Rahayu, E.S. Utami, T. 2016. The effect of inoculum size and incubation temperature on cell growth production and curd formation during milk fermentation by *Lactobacillus plantarum* Dad 13. *International Food Research Journal* 24(3): 921-926

Widodo, W. (2002). *Bioteknologi Fermentasi Susu*. Pusat Pengembangan Bioteknologi Universitas Muhammadiyah Malang.

World Health Organisation. 2011. *Codex Alimentarius Milk and Milk Products Second Edition*. Rome : Food and Agriculture Organization of The United Nations.

Yang, Shanshan. Yan, Danli. Zou, Yiting. Mu, Delun. Li, Xinfei. Shi, Haisu. Luo, Xue. Yang, Mei. Yue, Xiqing. Wu, Rina. Wu, Junrui. 2021. Fermentation Temperature Affects Yogurt Quality: A Metabolomics Study. *Food Bioscience*, 42, 101104.