

## FULL ABSTRACT

Kefir: Pangan Fungsional Produk Olah Susu dan Khasiatnya Bagi Kesehatan

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The book was written to strengthen public awareness on the importance of food and nutrition in increasing healthiness, vitality and productivity. The book is expected to give a contribution to the area of functional food. As understood by wide population, food is containing 'only' macro and micro nutrient. In fact it has bioactive substance in it. Furthermore, though functional food has many varieties and species in Indonesia, they have not been appreciated and used widely to increase the quality of life. As one of functional food, currently, the use of plain kefir pro-biotic yet brings pro and contra. Through a sequence of scientific research, it is expected that academicians and wide population have a good understanding on the mechanism of these bioactive substance and their benefit to health. The book is divided into 5 chapters, which are Introduction, Milk Terminology, Post-harvest Handling of Milk, Probiotic Fermentation and Quality Analysis of Milk & its product.

Keywords: functional food, pro-biotic, plain kefir, health