

**PRODUCTION OF NATA DE PINA AND NATA DE SOYA**

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## **ABSTRACT**

### **PRODUCTION OF NATA DE PINA AND NATA DE SOYA**

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Nata is a bacteria cellulose produced by *Acetobacter aceti* subspecies *xylinum* through the fermentation of a fruit juice or plant extract. The production method is simple but precautions have to be taken to prevent contamination by other microorganism and losses of activity of the strain used. Nata de coco is produced from the fermentation of coconut water. In this project, new process productions of nata were created by using pineapple juice (called nata de pina) and soy bean milk (called nata de soya). Both nata de pina and nata de soya were process using the starter from coconut water culture and fermented under local conditions. From the result 0.8 litres of pineapple juice can produce about 39.34kg while 1.2 litres of soy bean milk can produce about 43.97kg of processed nata from each harvest. The fermentation period is about 8-10 days. Sensory evaluation was carried out and the results indicated that the entire panel members found the product developed had a better acceptability than nata de coco available in the market.

## CHAPTER 1

### INTRODUCTION

People in this world today especially in developed countries are really concerned with their health and safety. They always look for healthful products that can give a lot of beneficial effect to them. This include, making them stay young, feel young, look young and great all the time. They really cared of what they eat. Therefore, many food factories try as good as they can to produce these kinds of product to meet customers' need and satisfaction.

Besides, vitamins and calcium, fibre is also the top ingredient that usually people looked upon. This is because peoples know fibre is good for health as well as vitamins and calcium. Some of the benefits of fibre are to increase faecal bulk, soften stools and stimulate the healthy movement of foodstuffs through the digestive tract. Fibre also can help to assist the muscles of the digestive tract. In addition, researchers have shown that dietary fibre can play an important role in the prevention or treatment of various diseases and disorders. These include obesity, diabetes, cardiovascular disease, colon cancer, biventricular disease, irritable bowel syndrome, as well as constipation.

Extensive researches have been carried out into the physiological effects on dietary fibre and there is evidence that a low intake may be associated with a number of diseases. The recommended for consuming fibre intake each day by the National Institute of Health is 2.5 to 35g/day.