

ABSTRACT

Fermented milk drinks and foods containing fermented milk components obtained by fermentation with lactic acid bacteria together with a growth promoter for lactic acid bacteria selected from among ginger extract, tea extract, green onion extract, or oleic acid and derivatives thereof, and a process for producing the fermented milk drinks and foods involving the step of culturing lactic acid bacteria in a medium containing the growth promoter for lactic acid bacteria. These fermented milk drinks and foods can contain a large number of viable cells of lactic acid bacteria and sustain the activity (acid producing ability) of the bacteria at a high level.

15



162162



G00002