

Dietetically balanced milk product

The invention concerns a dietetically balanced milk product containing a mixture of lipids of lactic origin and of vegetable origin.

Lipids, apart from their function as a source of energy, have various roles in nutrition as a source of essential fatty acids:

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- as compounds indispensable to the cellular structure and to membranous functions,

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- as precursors for eicosanoid metabolites which take part in many physiological systems such as the cardiovascular system,

- as regulators for blood lipids.

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The physiological response to the consumption of food lipids depends on the composition of these lipids in fatty acids. Fatty acids are classified in various families, n-9, n-6 and n-3, according to their structure, namely according to the presence and position of the double bonds in the carbon chain. Each family has its own specific activity, but interactions exist between the various families during metabolism. In the case of the control of blood lipids, several criteria should be taken into account:

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- the input of saturated fatty acids in food should be limited by reason of their influence on the increase in cholesterol and total lipids and on the increase in the cholesterol of the low density lipoproteins (LDL)

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considered as one of the risk factors for cardiovascular diseases.

- monounsaturated and polyunsaturated fatty acids exert a



favourable effect on blood lipids by reducing the cholesterol of the LDLs.

For polyunsaturated fatty acids, the following criteria
5 should however be taken into account:

- Polyunsaturated fatty acids should not be consumed in too great a quantity so as not to induce equally a reduction in the cholesterol of the beneficial high density lipoproteins
10 (HDL), and so as not to increase the risks associated with the peroxidation of these fatty acids at the cellular level.

- Among the polyunsaturated fatty acids, the specific
15 effects should be distinguished of the fatty acids of the n-3 family, for example alpha-linolenic acid (ALA) or its derivatives, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which exert a favourable effect on the blood triglycerides and reduce the risks of platelet
20 aggregation and hence of thrombosis.

- In conjunction with the input of polyunsaturated fatty acids through food, account should be taken of competitions between fatty acids of the n-6 family and those of the n-3
25 family during metabolism by desaturases which determine the formation of fatty acids with C_{20} and C_{22} , precursors of biologically active eicosanoids, e.g. EPA and DHA of insaturation degree of respectively 5 and 6, which have a more pronounced activity than the other members of the n-3
30 family on the blood lipids control.

- Among the polyunsaturated fatty acids, physiological activities may differ according to the carbon chain length or the degree of unsaturation. Reference may be made for
35 example to gamma-linolenic acid (GLA) with a degree of unsaturation of 3, which has a more pronounced activity on

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the control of blood lipids than the other members of the n-6 family. The same is true for example for EPA in the n-3 series.

- 5 - The food input of the polyunsaturated fatty acids must be accompanied with a sufficient input of antioxidant elements as, for example, tocopherols to prevent oxidative modifications of the LDLs which contribute to the development of atherosclerosis.

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According to FR-A-2667483, a substitute is known for dairy cream aimed at patients at risk from cardiovascular disease, in which milk fats are replaced by a mixture of maize oil and coconut oil.

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In GB-A-2273234, a liquid or powdered milk is described, designed to prevent cardiovascular risks, in which milk fats are replaced by a vegetable fat containing substantially monounsaturated fatty acids.

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The object of the invention is to provide a milk product containing a lipid mixture based on a combination of milk fats and vegetable oils formulated so as to obtain an optimum balance of active substances in order to prevent unbalanced metabolic charges and in particular cardiovascular risks, and the organoleptic properties of which are close to those of milk.

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The milk product according to the invention is characterized in that it contains lipids in which the fatty acids of the triglycerides comprise, by weight,
20 to 40 % of saturated fatty acids of predominantly lactic origin,
35 to 60 % of monounsaturated fatty acids and
35 15 to 30 % of polyunsaturated fatty acids of the n-3 and n-6 families and

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in that the weight ratio of fatty acids of the n-6 family to those of the n-3 family is 5:1 to 10:1.

5 The composition of the lipids of the milk product according to the invention takes account, not only of the activities of the essential fatty acids but also of the interaction of each essential fatty acid of the n-6 family, for example linoleic acid (LA) with its homologue of the n-3 family, for example ALA, and of the greater bioactivity of
10 derivatives with a degree of unsaturation > 2.

In addition, the lipid part contains an oil rich in oleic acid which has favourable effects on blood lipids and gives the lipid mixture good stability to oxidation and photo-
15 oxidation, which prevents the formation of active oxygenated radicals.

The selected oils meeting this requirement are preferably rapeseed oil, canola oil (rapeseed oil low in erucic acid),
20 olive oil and hybrid sunflower and safflower oils with a high oleic acid content, for example > 60 % by weight. Reference may also be made to the oleins of vegetable oils, for example palm oil, obtained by the fractionation of vegetable oils and fats by fractionation dry, with solvents
25 or with surfactants.

The lipid part also contains oils contributing essential fatty acids of the n-6 and n-3 families in a ratio taking into account the greater reactivity of those of the n-3
30 family.

Oils rich in fatty acids of the n-6 family are chosen from those rich in LA, preferably containing more than 50 % by weight of this acid with respect to the total fatty acids,
35 for example sunflower oil, grapeseed oil, maize oil, wheat germ oil, safflower oil and soya oil.

As oils providing fatty acids of the n-3 family, reference may be made to those which contain ALA, for example rapeseed oil, canola oil, soya oil, linseed oil, blackcurrant seed oil and those providing EPA and DHA, e.g. marine organisms oils.

The milk product according to the invention may also contain a minor quantity of other oils with the aim for example of improving its keeping properties and of introducing biologically active antioxidants to prevent peroxidation at the cellular level, for example cereal germ oil rich in vitamin E. The lipid mixture may additionally contain oils naturally rich in non-vitamin antioxidants, such as sesame oil or rice bran oil or furthermore rich in elements such as, for example, tocotrienols or gamma-oryzanol which exert favourable effects on the control of blood cholesterol.

On the basis of their respective compositions in fatty acids, the following mixtures of lipids are preferred:

	Lipid	% by weight	% by weight
5	Milk fat	30-40	preferably 40
10	Canola oil, hybrid sunflower oil, hybrid safflower oil rich in oleic acid, olive oil or olein fractions	30-40	preferably 3-35
15	Sunflower oil, maize oil, soya oil, grape- seed oil or safflower oil	20-30	preferably 20-25
20	Linseed oil, blackcurrant seed oil Rice bran oil Sesame oil	0-10	
25	Wheat germ oil		

30 The vegetable oils used are generally refined so that they are stable, while keeping as far as possible at least part of their unsaponifiables as an antioxidant.

It may additionally contain antioxidants that are liposoluble or are made liposoluble, for example a mixture of ascorbic acid or one of its esters, citric acid, lecithin, tocopherols and optionally beta-carotene.

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The milk product according to the invention may be in the form of milk or of a liquid milk substitute and contain 1 to 4 % of fats and preferably approximately 2% fats which corresponds to a semi-skimmed milk.

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It may correspond to a non-sweetened or evaporated condensed milk.

It may preferably be enriched in calcium.

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It may be enriched in vitamins, for example E, A, D, C, B₆, B₁₂, folate and trace elements, for example iron, magnesium and zinc.

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Its lactose content may have been reduced while maintaining a high level of calcium, for example by micro filtration, which may be advantageous in certain cases for reducing the content of certain minerals having an effect on hypertension, for example sodium.

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Finally, it may be flavoured, for example by the addition of flavouring reinforcing the milk taste, such as butter flavouring and/or fruit, cinnamon, vanilla, chocolate or coffee flavouring.

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In this liquid presentation, it may have preferably been sterilized, ultra-pasteurized or pasteurized and be packaged aseptically or in a highly hygienic manner in a sterilized package.

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The milk product may also be in powder form, for example spray dried.

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It may also be a fermented milk or a cheese-like product, particularly of the mozzarella type.

A milk product according to the invention may be used as a raw material in the production of creams, ice cream, desserts, sauces and in general in the production of any milk based product.

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The invention also concerns a process for preparing a preceding liquid milk product characterized in that a milk-based raw material is standardized for milk fats, and that a lipid of vegetable origin is incorporated therein, optionally in the presence of an emulsifier so as to obtain an emulsion, and that the emulsion is preheated, heat treated by UHT, homogenized, cooled and aseptically packaged.

15 The invention also concerns a process for preparing a preceding milk product in the form of powder, characterized in that a milk-based raw material is standardized for milk fats, and that a lipid of vegetable origin is incorporated in it, optionally in the presence of an emulsifier so as to obtain an emulsion, that the emulsion is preheated and then concentrated by evaporation, and that the concentrate is homogenized and then spray dried and optionally an emulsifier is added such as lecithin to make an instant product.

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The invention also concerns a process for preparing a preceding fermented milk product, characterized in that a milk-based raw material is standardized for milk fats, that it is pasteurized, that it is seeded with one or more thermophilic or mesophilic lactic ferments and that it is fermented until a pH of less than 5 is obtained, that a lipid of vegetable origin is incorporated in the fermented milk or in the raw material before pasteurization, that it is optionally heated and that it is packaged in packs.

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A milk-based liquid raw material used may be obtained by standardization, namely by recombining various components of lactic origin. It may be composed of whole milk, partially or totally skimmed milk, cream, anhydrous milk fats, butter milk, whey, whey which has been demineralized to a varying extent, whey derivatives, in particular lactose, lactose hydrolysate, whey protein concentrate, protein fractions of whey, casein, casein fraction and milk protein hydrolysate, such components being possibly in the form of a powder.

Optionally, it is possible to add non-milk additives, particularly proteins and carbohydrates, vitamins, minerals, nucleotides, nucleosides, flavourings, colouring agents, amino acids and stabilizers.

Fats of vegetable origin are incorporated by emulsification, preferably in the presence of lecithin at approximately 50°C with vigorous agitation, for example in a colloid mill.

Other stages of the process are carried out in a conventional manner.

The following examples illustrate the invention. In these, the percentages and parts are by weight unless indicated to the contrary.

Examples 1-7

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Example 1

A whole milk containing 3.95 % of fats and 8.52 % of non-fat solids and a low fat milk containing 0.05 % fats for 9 % of non-fat solids were pasteurized separately by treating them at 87°C for 12 s.

34.33 kg of whole milk were then mixed with 0.509 kg of powdered skimmed milk (dried at a moderate temperature) and 162.93 kg of low fat milk, cooled to 15°C, and then a premix of 1.26 kg of canola oil, 0.9 kg of maize oil, 72 g of lecithin (Topcithin 200 (R)) and 1 g of vitamin E brought to 50°C was then incorporated in this mixture by means of a colloid mill. After heating to 80°C in a plate exchanger, the liquid was ultrapasteurized by UHT at 141°C for 2s. After cooling to 78°C, it was homogenized in two stages, at 200 bar, then at 50 bar, and it was cooled to 4°C and packaged in previously sterilized brick packs; homogenization, cooling and filling being carried out aseptically.

15 Example 2

The procedure was as in example 1, except that as vegetable oils, 1.08 kg of canola oil, 0.72 kg of maize oil and 0.36 kg of rice bran oil were incorporated in the mixture of whole milk, low fat milk and powdered skimmed milk.

Example 3

The procedure was as in example 1, except that as vegetable oils 1.44 kg of canola oil and 1.08 kg of maize oil were incorporated in a mixture of 25.1 kg of whole milk, 171.8 kg of low fat milk and 0.496 kg of powdered skimmed milk.

30 Example 4

The procedure was as in example 1, except that as vegetable oils, 1.44 kg of canola oil, 0.72 kg of maize oil and 0.36 kg of rice bran oil were incorporated in a mixture of 25.1 kg of whole milk, 171.8 kg of low fat milk and 0.496 kg of powdered skimmed milk.

Example 5

5 A whole milk containing 3.92 % fats and 8.58 % non-fat solids and a low fat milk containing 0.05 % fats and 9 % of non-fat solids were pasteurized separately by treating them at 87°C for 12 s.

10 34.69 kg of whole milk and 160.26 kg of low fat milk, were then mixed, cooled to 15°C, and 1.08 kg of hybrid sunflower oil with a high oleic acid content, 1.08 kg of soya oil and 1 g of vitamin E brought to 50°C were then incorporated in this mixture by means of a colloid mill.

Sterilized product:

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After heating to 80°C in a plate exchanger, the liquid was sterilized by UHT at 148°C for 5 s. After cooling to 78°C, it was homogenized in two stages, at 200 bar, then at 50 bar, was cooled to 20°C and packaged in previously
20 sterilized brick packs, homogenization, cooling and filling being carried out aseptically.

Pasteurized product

25 The liquid was heated to 72°C for 15 s in a plate exchanger, was homogenized in two stages at 200 bar, then at 50 bar, cooled to 4°C and packaged in brick packs.

Example 6

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The procedure was as in example 1 except that, as vegetable oils, 1.08 kg of hybrid sunflower oil with a high oleic acid content, 0.9 kg of sunflower oil and 0.18 kg of linseed oil were incorporated in the mixture of whole milk
35 and standardized low fat milk.

Example 7

The procedure was as in example 1 except that, as vegetable oils, 1.26 kg of canola oil, 0.72 kg of maize oil and
 5 0.18 kg of blackcurrant seed oil were incorporated in the mixture of whole milk and standardized low fat milk.

The following table gives the percentages of saturated fatty acids (SFA), monounsaturated fatty acids (MUFA) and
 10 polyunsaturated fatty acids, and the ratios n-6/n-3 as well as the atherogenicity index (IA) and the thrombogenicity index (IT) of the lipid mixtures of the milk products.

The IA and IT values were calculated from the definitions
 15 given in Ulbricht, T.V.L and Southgate, D.A.T., The Lancet, 1991, 338: 985.

Example	SFA (%)	MUFA (%)	PUFA (%)	n-6/n-3	IA	IT
1	34.1	42.1	23.8	7.72	0.52	0.67
2	34.9	41.6	23.5	8.39	0.54	0.71
3	28.2	44.2	27.6	8.2	0.39	0.52
4	28.8	45.3	25.9	7.39	0.4	0.53
5	35	42.9	22.1	9.88	0.53	0.73
6	34.3	40.5	25.2	7.17	0.51	0.66
7	33.8	41.2	25	6.18	0.52	0.63

As a comparison, milk fat has high IA and IT indices, 2.03
 20 and 2.07 respectively, according to Ulbricht, T.V.L and Southgate, D.A.T., the Lancet, 1991, 338: 985.

Example 8

Milk powders were prepared with 10-30 % fats by using as the fat phase a mixture of milk fats and vegetable oil mixtures in the proportions of examples 1-7.

After standardizing a mixture of whole milk and low fat milk, it was preheated to 80°C in a plate exchanger and the mixture of vegetable oils was added to it in-line. After a pasteurizing heat treatment the mixture was concentrated by evaporation to 50 % dry matter, was homogenized and then spray dried under moderate conditions.

As an alternative, the vegetable oils were added after concentration.

Example 9

A fermented milk with 1-4 % fats was prepared by using as the fat phase a mixture of milk fats and of a mixture of vegetable oils in the proportions of examples 1-7.

After standardizing a mixture of whole milk and low fat milk, a premix of the vegetable oils of examples 1-7 were incorporated in this mixture. The whole was pasteurized in a plate exchanger, the liquid was cooled to the fermentation temperature, a thermophilic or mesophilic lactic ferment was added and incubation was carried out until a pH of < 5 was obtained.

As an alternative, the premix of vegetable oils was added after fermentation.

The subsequent operations of filling and sealing pots took place in a conventional manner.

Examples 10-11

Full fat and medium fat fermented and gelled milks were prepared which were enriched in probiotic bacteria and in which the fat had the following composition:

Fat	%
Milk fat	40
Canola oil	10
Soybean oil	16
Sunflower oil	24
Olive oil	10

89.3 Parts milk containing respectively 30 g/l (example 10) and 15 g/l (example 11) of the preceding fat were mixed with 3.7 parts of skimmed milk powder and the mixture was preheated to 70° C and pasteurized at 92° C/6 min, and then after having been cooled to 70° C, the mixture was homogenized in one stage at 300 bar. After cooling to 43° C the mixture was inoculated with 2 % of a common yoghurt starter comprising *Streptococcus thermophilus* and *Lactobacillus bulgaricus* and with 5 % of *Lactobacillus johnsonii* (La1, CNCM I-1227). After conditioning in pots, fermentation was carried out at 38° C up to pH 4.6 and the pots were then cooled to 6°C.

Examples 12-13

The same fat mixture as in examples 10-11 was used for manufacturing fermented full fat and medium fat Mozzarella-like products.

In so doing 94.2 parts skimmed were mixed with 3 parts of the fat mixture (example 12), respectively 96.6 parts skimmed milk were mixed with 1.5 part of the fat mixture (example 13) and the mixture was preheated at 70° C,

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homogenized at 50 bar and then cooled to 4° C. The day
after the mixture was pasteurized at 74° C/15 s, it was
inoculated with common Mozzarella starters based on
Streptococcus thermophilus, coagulated with rennet, the
5 curd was cut and drained in conditions of dry matter and
temperature which allowed to reach the spinning point, the
mass was stretched, formed into morsels, the morsels were
hardened by immersion in cold water and conditioned with a
liquid of composition near to that of whey into water-tight
10 flexible pouches.



Claims

1. Dietetically balanced milk product containing a mixture of lipids of lactic or vegetable origin, characterized in that it contains lipids in which the fatty acids of the triglycerides comprise, by weight,
20 to 40 % of saturated fatty acids of predominantly lactic origin,
35 to 60 % of monounsaturated fatty acids and
15 to 30 % of polyunsaturated fatty acids of the n-3 and n-6 families and
in that the weight ratio of fatty acids of the n-6 family to those of the n-3 family is 5:1 to 10:1.
2. Milk product according to claim 1, characterized in that its lipid part contains by weight,
30 to 40 % of milk fats,
30 to 40 % of an oil selected from rapeseed oil, canola oil, olive oil, hybrid sunflower and safflower oils with a high oleic acid content and vegetable oil oleins,
20 to 30 % of an oil selected from sunflower oil, maize oil, soya oil, grapeseed oil and safflower oil,
0 to 10 % of an oil selected from rice bran oil, linseed oil, wheat germ oil or sesame oil.
3. Milk product according to claim 1; characterized in that it contains alpha-tocopherol as an antioxidant.
4. Milk product according to claim 1, characterized in that it is enriched in calcium.

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5. Milk product according to claim 1, characterized in that it is enriched in vitamins, E, A, D, C, B₆, B₁₂, folate and trace elements, in particular iron, magnesium and zinc.
- 5 6. Milk product according to claim 1, characterized in that it is flavoured.
7. Milk product according to one of claims 1 to 6, characterized in that it is in the form of a milk or liquid
10 milk substitute containing 1 to 4 % of fats and in particular approximately 2 % of fats.
8. Milk product according to claim 7, characterized in that it is pasteurized, ultra-pasteurized or sterilized,
15 and packaged aseptically or in a highly hygienic manner.
9. Milk product according to one of claims 1 to 6, characterized in that it is in powder form.
- 20 10. Milk product according to one of claims 1 to 6, characterized in that it is a fermented milk or a cheese-like product.
11. Process for preparing a milk product according to
25 claim 7, characterized in that a milk-based raw material is standardized for milk fats, that a lipid of vegetable origin is incorporated therein, optionally in the presence of an emulsifier so as to obtain an emulsion, and that the emulsion is preheated, heat treated by UHT, homogenized,
30 cooled and packaged aseptically.
12. Process for preparing a milk product in powder form according to claim 9, characterized in that a milk-based raw material is standardized for milk fats, that a lipid of
35 vegetable origin is incorporated therein, optionally in the presence of an emulsifier so as to obtain an emulsion, that



it is preheated and the emulsion is concentrated by evaporation and that the concentrate is then homogenized and then spray dried and that lecithin is optionally added to give an instant product.

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13. Process for preparing a milk product according to claim 10, characterized in that a milk-based raw material is standardized for milk fats, that it is pasteurized, that it is seeded with one or more thermophilic or mesophilic lactic ferments and that it is fermented until a pH of less than 5 is obtained, that a lipid of vegetable origin is incorporated in the fermented milk or in the raw material before pasteurization, that it is optionally heated and that it is packaged in packages.

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14. Use of a milk product according to one of claims 1 to 10 as a raw material in the production of a milk-based food, in particular a cream, an ice cream, a dessert, a sauce, a yoghurt-type product or a cheese-like product, particularly a Mozzarella-like product.

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