



Microbiological quality anti sterile activity of garlic shoots juice against *Listeria* spp. in soya milk

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INTRODUCTION

The protein in soya milk is healthy, plant-based and can help support healthy muscles and organs. Soya milk is rich in omega-3 fatty acids which are healthy fats that your body cannot form on its own. Omega-3 fatty acids are linked to a reduced risk of dementia and Alzheimer's disease. The synergistic of nisin and garlic shoot juice against *Listeria monocytogenes* cocktail found in traditional soya milk with low sugar and high fiber and soya milk with barley fiber added Garlic shoot juice (GSJ) at concentrations of 3% and 6% revealed significance result of anti-listerial effect against *Listeria monocytogenes* cocktail in all retail soya milk. The nisin concentrations of 75, 150 and 225 IU/ml displayed a good anti-listerial effect compared to the control group. The synergistic combinations of GSJ and nisin (75, 150 and 225 IU/ml) also had an extraordinary anti-listerial activity in all retail soya milk after 14 days. Those data showed the synergistic of GSJ and nisin as a potential anti-listerial agent for the food additive application in food industry the three basic needs of man are food shelter and clothing but food has been proved to be the most important. Food has been defined as that which can be eaten to nourish the body. Since the economic situation is getting worse day by day, it becomes imperative that alternative soya milk be provided to improve nutrition status (Delshadi et al., 2017).

Soya beans (*Glycine max*) are a member of the family legminosae, sub family papilionaceae. It is an annual summer legume being that it is found in the hairy pods of an erect bushy legume native to Asta and have been reported to have originated from eastern and where used as food as long as before the existence of written record. It is highly proteins in that it contains a large proportion of

assailable protein; have carbohydrate having no starch at all. The protein of soya a beans are glycine phase Olin and legumlin are equally good source of B- complex vitamins and minerals. They are also known to contain best blance of essential ammoniac and that is why it is usually referred to as the miracle legume or the poor man's meats (Filho et al., 2017).

Originally confined to the temperate zone is no spreading rapidly into tropic particularly in Brazil and other parts of south American in India and in the far East Inspire of being one of the earliest filed crops, soya beans was introduced into Nigeria shows that Benue state and Kogi state is the most important soya beans producing are in the country. In Nigeria, nearly all of the soya beans production estimated at 30,000 tons are for human consumption and in response to increasing demand for. Soya beans as a source of protein and vegetable oil have expanded their research on the crop (Flamini et al., 2007)

Soya milk, which is traditionally an aqueous extract of whole soya beans has been of considerable interest to nutritionists as a possible substitute for cow or human milk due to its advantage over many other protein source in that no allergenic properties have been associated with it so far. Therefore it is recommended for infants who are allergic to cows. Soya milk has been made in china for generation and its consumption is fast gaining ground in Nigeria soya milk has been recommended by physicians for years to patients who are allergic to cow's milk and now it is being recommended to those who have suffered from or are prone to degenerative heart diseases and who need a milk with unsaturated fat as replacement for dairy milk (Pellegrino et al., 2017).

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Generally legumes contain 17-25% protein except soya beans which contains about 40% protein and 40-70% carbohydrate. Legume seeds are also good sources of minerals such as phosphorus and iron except for soya beans and groundnuts, which contain 18% and 48%, oil respectively (Muller and Tobin 1980) legume seeds their utilization is impaired by inherent constraints such as the presence of several ant nutrients and toxic components despite their high nutrient content. Legume seeds are generally low in fats and oils. Consequently legume seeds as protein sources despite the fact that legume protein are cheaper. However, with adequate processing legumes are safe and nutritious. Food recipes have been developed for those based mainly on soya bean and those in which soya bean is incorporated so as to increase the nutrient content especially protein. Soya bean is incorporated into cereals tubers, and roots and other legumes. They are used to prepare the main dish breakfast, foods for adults and children weaning foods and convalescent diets (Salari et al., 2015).

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