

Review

Biochemical Changes in Ultra-high Temperature Milk: A Review

Muhammad Ajmal^{a*}, Muhammad Nadeem^b and Muhammad Ashraf^b

^aDepartment of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan

^bDepartment of Chemistry, GC University, Lahore, Pakistan

(received October 10, 2019; revised March 27, 2021; accepted May 8, 2021)

Abstract. In developing countries, cold chain facilities are not present in all areas. Ultra-high temperature (UHT) milk is usually manufactured in these countries for catering the needs of all areas. In UHT treatment, sterile milk is filled in sterile packages in a sterilized environment. The operation is usually performed at 140 °C to destroy vegetative forms of bacteria. Shelf life of UHT milk very high as compared to raw milk at room temperature without the need of cold storage. However, UHT treatment and subsequent storage lead to several undesirable biochemical reactions such as alteration in the structure of whey proteins, formation of Maillard reaction products and lipid oxidations etc. Proteolytic events in milk consequences in the production of bitter flavour and age gelation, which is led to limit the life of UHT treated milk. Alkaline proteinase, plasmin are the proteolytic enzymes of milk origin, while psychrotrophic bacteria also produce extracellular proteinases which causes breakdown of protein in ultra-high temperature milk. In UHT milk, sedimentation can happen right after thermal treatment or it takes place during the storage time. Sediment is composed of denatured protein, minerals, lactose and lipids with wide variation in composition. Degree of sedimentation depends upon the raw milk quality, processing and storage temperature.

Keywords: UHT milk, maillard reaction, sedimentation, furosine, age gelation

Introduction

Ultra-high temperature (UHT) milk. Long shelf life of milk can be attained through UHT treatment of milk for a few second 135-140 °C with (Fitria *et al.*, 2015; Kelly *et al.*, 2012). Pathogenic and spoilage bacteria growth in milk were limited or destroyed by using the UHT treatment (Rauh *et al.*, 2014). UHT milk is quite popular in developing countries, where cold chain facilities are lacking (Chove *et al.*, 2013; Chavan *et al.*, 2011). The shelf life of UHT milk is about six months but it depends on the quality of raw milk, physico-chemical and biochemical operations and subsequent storage conditions (Pulkkinen *et al.*, 2014; Lacroix *et al.*, 2008). The shelf life is highly dependent on time-temperature combination. There are two types of heat treatment adopted in UHT processes, direct and indirect. When direct heat treatment is applied, steam injected into milk and as a result heat exchange occurred, where as indirect heating method heating media and product are not direct contact to each other (Pak, 2003). The effect of both treatment on milk is different, which is reported by Perkin *et al.* (2005) the content of ketone, cooked flavour, and furosine have been observed less

*Author for correspondence; E-mail:

muhammad.ajmal@uvas.edu.pk

in direct heat treatment as compared to indirect heating of milk during storage. Thermal treatment leads to the partial dissociation of k-casein that results in the reduction of size of casein micelles. Beta-lactoglobulin, alpha-lactalbumin, serum protein immuno-globulin is the major whey protein of milk that is about 20% of total milk protein. In addition to these major proteins, numerous minor proteins are also present in milk these include osteopontin, portease peptone fraction and lactoferrin about 60 enzymes are also associated with whey proteins (Le *et al.* (2006). In UHT milk, sedimentation can happen right after thermal treatment or it takes place during the storage time. Sediment is composed of denatured protein, minerals, lactose and lipids with wide variation in composition. Degree of sedimentation depends upon the quality of raw milk (Hulmi *et al.*, 2010). Maillard reaction is influenced by time, pH, water activity, lower pH values lead to increase the reactivity with carbonyl groups of reducing sugars and promotes the formation of furfurals etc (Yong *et al.*, 2021). Rate of Maillard reaction is mainly governed by the magnitude of carbohydrates and proteins in the processing and storage of milk. For the characterization of early and terminal stages of Maillard reaction (Troise *et al.*, 2016).

Effect of UHT treatment on milk proteins. UHT treated milk was characterized by structural changes such as protein denaturation. Exposure of casein to UHT treatment leads to dephosphorylation, which affected the micelle structure (Belitz *et al.*, 2004). UHT treatment can lead to the formation of peptides, α s1, α s2 and β -casein are susceptible to hydrolysis. Heat treatment can also induce inter and intra-molecular cross-linkage of caseins due to the high reactivity of certain amino acids, such as lysine and tyrosine with in presence of milk sugar. Heat treatment caused de-stabilization of milk proteins which led to promote higher sedimentation during the storage of UHT milk (Lewis *et al.*, 2011). UHT treatment result in the formation of casein and whey protein aggregates, consequences in increased gelation (Datta and Deeth, 2001). Mode of heat treatment had also a significant effect on the proteins, indirect UHT treatment had more deleterious effect on proteins as compared to direct mode of UHT (Datta and Deeth, 2003; Marchesseau *et al.*, 2002). Lin *et al.* (2010) result showed that whey protein was decreased 23% and 85% in pasteurized and UHT heat treatment, respectively.

Biochemical changes in UHT milk. Bacterial proteases and lipases are more heat resistant than indigenous enzymes of milk, these enzymes retain about 30 to 70% of their activity after UHT treatment (Datta and Deeth, 2001). During the storage of UHT milk, proteases and lipases induced several undesirable flavours in UHT milk such as bitter, unclean, fruity, yeasty and metallic (Datta and Deeth, 2003). Biochemical changes in UHT milk have negative impact on the nutritional characteristics, flavour, physical stability, pH and acidity (Hassan *et al.*, 2009). The biochemical reactions reported by Dupont *et al.* (2007) caused undesirable changing in UHT milk such as oxidation flavour, age gelation, bitterness and appearance defect. Tamime (2008) studied that plasmin, protease and lipases activity enhanced the biochemical changes in UHT treated milk such as sedimentation and fat separation. Many studies reported that UHT heat treatment greatly effect the sensory and nutritional profile of milk. During UHT heat treatment cause thermal degradation the milk protein, lipid and milk sugar. At high temperature milk protein and sugar caused the Maillard reaction in UHT treated milk. Therefore, to keep the low processing temperature to avoid the degradation of milk component but in other hand spore forming bacteria cannot inactive at low temperature (Elliott *et al.*, 2003; Datta *et al.*, 2002).

Vazquez-Landaverde *et al.* (2006) studied that UHT treatment promoted the sulfide, aldehyde, ketone and off-flavour by rising the processing temperature.

Proteolytic activity. Raw milk naturally contains plasmin and plasminogen at the concentration of about 0.3 g/L and 2.7 g/L, respectively. Protein hydrolysis was due to action of enzymatic activity in milk and dairy products (Bhatt, 2014; Clare *et al.*, 2005). Plasmin reduced stability of UHT milk because they produced heat- stable enzymes and survived at UHT treatment (Datta and Deeth, 2001). UHT treated milk had long shelf life when less microbial load in raw milk (Tamime, 2008). When raw milk stored at lower temperature then less amount of psychotrophic bacteria were there and less biochemical reactions occurred. Chove *et al.* (2013) reported that milk serum, casein micelles fat globule membrane were associated with indigenous microbes with in milk. Vijayakumar (2012) reported that lipases and proteases deteriorated the quality of UHT milk. Pulkkinen (2014) studied that psychotropic bacteria in dairy industry have important role with respect to quality and stability of UHT milk after processing. Samaržija *et al.* (2012) studied that the temperature between 20-30 °C is known optimum temperature for growth of bacteria. Heat resistant enzymes inactivated during UHT treatment and after processing they activated, ultimately cause spoilage the milk at ambient temperature (Richards *et al.*, 2014). Heat resistant enzymes were survived in UHT treated milk and reduced the stability of milk (Topçu *et al.*, 2006). The refrigeration of raw milk before processing is necessary in bulk tanks but even that temperature accelerated the growth of psychotropic bacteria. The refrigeration temperature did not prevent the growth of psychotropic bacteria even at 4 °C their growth rate was less than as compared to high temperature (O'Brien and Guinee, 2011). Plasmin and plasminogen are effective milk components, which promoted the milk protein particularly caseins. Peptides, proteose-peptones were produced by the action of plasmin. Age gelation in UHT milk was due to activation of plasminogen and that released by plasmin during storage of milk at low temperature, as a result, proteolysis occurred in UHT milk (Cilliers, 2007). Plasmin attaches all types of protein but favourite target is caseins. It cleaves β -casein, α s1-casein and α s2-casein at risk for proteolysis by plasmin in UHT milk. Plasmin cannot completely stope because plasmin are survived at UHT treatment of milk (Gazi *et al.*, 2014). Proteolysis in UHT milk enhanced by indigenous plasmin of raw milk.

It was responsible for releasing the β K-complex which was known preliminary step for age gelation and sedimentation (Bavarian *et al.*, 2010). The mastitis milk undergoes for UHT process reported by Chavan *et al.* (2011), it showed short shelf life, fast age gelation. Plasminogen level in mastitis milk is more than normal milk so, activity of protease was faster than normal UHT milk. Valero *et al.* (2001) reported that heat stable enzymes were survived during heat treatment and caused several undesirable biochemical changes in UHT milk at room temperature. Datta and Deeth (2003) reported that the origin of heat stable bacteria from psychotropic bacteria with in raw milk. Proteolysis of the UHT milk was the consequence of released of tyrosine in milk which led to the development of objectionable flavor. Bagliniere *et al.* (2013) reported that gelation and bitterness in UHT milk due to proteolysis of protein in milk due to plasmin. Proteases degradation of casein micelles, beta-casein to κ -casein and proteose-peptones. It was reported that when milk stored at refrigerator temperature more then 72 h and might be formation of thermo-resistant bacteria (proteases) and later heat-stable and indigenous psychotropic bacteria caused proteolysis in heat treated milk (Richards *et al.*, 2014). Whey proteins undergo different changes during processing temperature as well as by the action of bacteria.

Gaucher *et al.* (2011) studied that caseins micelle degraded by proteolytic activity in UHT milk. Bavarian *et al.* (2010) studies that β -casein faster degradation than α s1-casein by action of proteases. Chove *et al.* (2013) reported that proteolysis at high temperature was increased in UHT treated milk during storage. Proteolytic enzymes were more problematic than indigenous enzymes (Forsbäck, 2010). Protease enzymes produced by psychotropic bacteria mostly attack on casein protein instead of whey protein. Caseins protein more sensitive of protease than the whey protein such as β -casein and κ -casein. β -casein, κ -casein were affected by action of protease enzymes (Samaržija *et al.*, 2012). The proteolysis destabilized milk protein by *Pseudomonas fluorescens* reported by Bagliniere *et al.* (2013) which was produced at chilling temperature before processing of milk. In UHT milk fat separation is a limiting the life of milk. The proteases remain active after the treatment of UHT in this process protein attached with surface of fat. Many studies described that plasmin cause the separation of fat (Zhang *et al.*, 2020).

Lipase activity. Free fatty acids concentration was increased in UHT milk by the lipolytic activity of lipases enzymes. Lipases origin from psychotropic bacteria and have ability disturb the native membrane structure of fat globule and ultimately result degradation of fat within milk (Samaržija *et al.*, 2012). Lipases attack on first and third position in di and tri- monoglycerides of milk and liberate fatty acids as well as free fatty acids and development of hydrolytic rancidity in UHT milk (O'Brien and Guinee, 2011). The lipase enzymes partially inactivate by heat treatment and activated during storage temperature and start their hydrolysis of fat as result off-flavors, rancidity, oxidation, bitter tastes and formation of soapy flavours in UHT milk and it is reported by Richard *et al.* (1014). Lipase caused serious defects in UHT milk such as changes the viscosity, thickness, off-flavours, breakdown of lipid and short shelf life of milk. During processing of UHT treatment some lipase enzymes survived (Hassan *et al.*, 2009). Samaržija *et al.* (2012) reported that heat stable enzymes break down the major components of UHT milk. Psychotropic bacteria are not major component of bovine udder however, become the part of milk due to contamination of equipment during or after milking (Derakhshani *et al.*, 2020).

Age gelation. Age gelation in UHT treated milk is a undesirable. Gelation in UHT milk was due to whey protein denatured by activity of protease enzymes which decrease electrostatic repulsion with in protein and formation of gel (Tijssen *et al.*, 2007). The protein formed self-aggregate and complex network with β -LG and α -lactalbumin (α -La) as a result age gelation was occurred and it is reported by Chove *et al.* (2013). Age gelation and bitterness were defect of UHT milk which directly related with quality of milk before heat treatment. By the activity of enzymes casein micelle disperses and form $\alpha\kappa$ -complexes and as a result viscosity of UHT milk is gradually increased with activity of proteolysis of proteins (Richards *et al.*, 2014). In age gelation fluidity of milk is decrease and viscosity of milk increase and as a thick white gel can be observed within UHT milk container. Age gelation is big problem in dairy industry because is short shelf life of UHT milk and also negative impact on customer acceptance. The pH of UHT milk is decreased by action of bacteria which lead towards the gelation. Age gelation rate in UHT milk was greater at high temperature as compared to low temperature (Holland *et al.*, 2011). The viscosity of UHT treated milk is stable up to 4 weeks and continue

increases at storage temperature (Fernandez *et al.*, 2008). Proteolysis affected the quality of dairy products such as shorten the shelf life of UHT milk. Proteolysis in UHT milk was changed the flavor and texture as a result affect acceptance (Prado *et al.*, 2006). Pulkkinen (2014) studied showed that age gelation mechanism involved major two steps in first phase some structural changes in proteins and second stage some physio-chemical reaction takes place to decrease the stability of proteins within UHT milk. Milk contains more than 70 indigenous enzymes so it is very biological active product (Gazi *et al.*, 2014). Samaržija *et al.* (2012) reported that UHT treatment was promoted the age gelation due to break down of fatty acids as well as tri-acylglycerol of UHT milk at storage.

Sedimentation. Datta *et al.* (2002) studies that sedimentation composition contains aggregates of denatured protein, fat, inorganic salt and lactose. The composition of sedimentation varies types of heat treatment. Sedimentation affected the acceptability of UHT treated milk. The amount of sedimentation depends quality of raw milk, activity of bacteria before and after processing of UHT treatment and storage temperature. Chavan *et al.* (2011) reported that sedimentation mostly depend on the biological quality of raw milk. Schalk *et al.* (2013) reported that sedimentation is major problem as a result of indirect heat treatment as compared to direct heat treatment process. Lewis *et al.* (2011) studied that when milk was heated at 140 °C for 2 s then sedimentation was enhanced due to de-naturization of protein. In UHT treatment κ -casein highly hydrated which lead to an increase in casein micelle density and formation of sedimentation. Sedimentation and flocculation occurred in UHT milk and ultimately decreased the shelf life of milk (Abdel-Aziz *et al.*, 2012). UHT heat treatment cause aggregation in proteins which promote the formation of emulsion, instability of protein and sedimentation (Liang *et al.*, 2013). Hassan *et al.* (2009) studied that rejection of UHT milk due to development of sedimentation, bitter taste and increased in thickness. Stability and quality of UHT milk is affected by the presence of enzymes because they are promoted biochemical degradation within milk and sensory defects, rheological defects, sedimentation. Samaržija *et al.* (2012) studied that protease attack on casein because casein locates on micelle surface as well as casein have more open structure than whey so more exposed to enzymatic cleavage. The activity of milk enzymes decreased the pH value of UHT milk and at low pH

caseins micelles isolate from casein micelle and caused sedimentation and result showed by Lewis *et al.* (2011) that ionic calcium level more than 2 mM caused significant sedimentation in UHT milk.

Lipid oxidation. Free fatty acids are the precursor of objectionable flavours such as, oxidized, cardboard, bitter, rancid, soapy, unclean and metallic. The role of free fatty acids in the acceleration of auto-oxidation was scientifically established (Datta and Deeth, 2003). Milk contains about 21-23% oleic acid (C18:1), which is susceptible to auto-oxidation, rate of auto-oxidation of C18:1 is fifteen times greater than stearic acid (C18:0). Oxidative stability of unsaturated fatty acids mainly depends upon the processing and storage temperature. Average ambient temperature of Pakistan is high, storage of UHT milk at ambient temperature may lead to oxidative deterioration, which can limit consumer's acceptability. UHT milk samples were analyzed for protein, fat, lactose and fatty acid profile. Concentration of fat protein, fat and lactose decreased in UHT treated milk, concentration of SCFA, MCFA and USFA were lower in UHT treated milk (Miguel *et al.*, 2015). Lipid oxidation in fresh and recombined UHT treated milks were studied, samples were stored at 6, 20 and 35 °C using same manufacturing facility. Fat separation was higher in fresh milk as compared to recombined milk, during the storage period, recombined milk became more viscous than fresh UHT milk, extent of lipolysis was similar in both types milk (Hassan *et al.*, 2009). Lipid oxidation in recombined UHT milk estimated using FAP, PV, AV and TBARS. Value of all these parameters intensified in the storage, major deviations in fatty acid profile were also recorded (Meshref and Rowaily, 2008). Unsaturated fatty acids in milk are more oxidation than saturated by heat treatment (Costa *et al.* 2011). Oxidation of lipid is promoted in the presence of transition metal, light and enzymes (Shahidi and Zhong, 2010). Hydroperoxide are produced by primary oxidation of lipids. Free radical is produced by decomposition of peroxide and lipid molecules initiate propagation process which is known autoxidation (Elias *et al.*, 2008). Primary oxidation of hydroperoxide secondary oxidation products is produced such as ketone and aldehyde. Psychrotrophic bacteria at cold temperature formed heat stable lipase and proteases and contribution of lipids and proteins degradation. Zamora and Hidalgo (2005) studied that Maillard reaction is also promoted the lipid oxidation in UHT milk during storage of milk. In UHT milk ketone, aldehyde, phos-

pholipid, dicarbonyls (glyoxal, methylglyoxal) and free radicals are formed by lipid oxidation and highly reactive with protein during Maillard reaction.

Edvaldo *et al.* (2011) result showed that fatty acids profile of raw milk was different than UHT milk. In UHT milk, unsaturated fatty acids were decreased after heat treatment and also during storage of milk at ambient temperature. The ratio of omega-6 and omega-3 fatty acids in raw, pasteurization and commercially sterilized (UHT) milk were 2.10, 2.07 and 1.97, respectively.

Maillard reaction in UHT milk. In UHT treated such as dairy products are under go different chemical and sensory changes. The heat treatment in milk causes the lipid oxidation and protein degradation. In presence of primary and secondary oxidation milk fat and proteins Maillard reaction is promoted after heat treatment. In Maillard reaction, amino acid (lysine) reacts with reducing sugar and as a result decreased the nutritional value of food products. Maillard reaction de-stabilized the milk protein heat treatment and caused defect in milk products *in vivo* and *in vitro* studies (Gilani *et al.*, 2012). Volatile thiols (2-propenal and methanethiol) were source of off-flavored in UHT treated milk (Al-Attabi *et al.*, 2014). Maillard reaction was started by condensation of amino group on protein with carbonyl groups on reducing sugars as a result in Schiff base formation and rearrangement to Amadori products (Hellwig and Henle, 2014). When melanoidins polymerization was formed, this leads to the formation of browning, structural, compositional and functional changes in food components including sugars, protein and amino acids. Maillard reaction significantly affected the color, taste and digestibility of food (Pischetsrieder and Henle, 2012). Maillard reaction promotes bitter and cooked flavoured in heat treated milk and food products. Browning reaction was accelerated with heat treatment and storage temperature. When α -dicarbonyls and α -amino group of amino acids reacts to each other as a result Strecker aldehydes and off-flavoured produced in food, beverage and UHT milk. Proteolysis was occurred in many foods either due to heat-processing or naturally and as a result increased the free amino acid in milk and food items (Jansson *et al.*, 2014). Heat treatment hydrolyzed the lactose into glucose and galactose which were more reactive than lactose. Some lactase hydrolysis into lactose and protease, and react with amino acids as a result Strecker aldehydes were produced (Troise *et al.*, 2016). When depletion of amino

acids residues formed melanoidins, as a result browning, sensory defects in UHT during storage temperature (Meltretter *et al.*, 2014). Maillard reaction changed the functionality properties of protein including stability, solubility, emulsifying, foaming and structural changes (Lee *et al.*, 2017). Maillard reaction was promoted by many factors including, types of reactants, time temperature combination, pH and water activity (van Boekel, 2001). Low pH increased the reactivity with carbonyl groups of reducing carbohydrates and favoured the formation of acid-catalyzed sugar degradation. Martins *et al.* (2005) studied that Maillard reaction was influenced by temperature and metallic cations. Formation of coloured compound was due to chemical reaction of reducing sugars (glucose and fructose), protein and some water. Metal ions also play important role to accelerate the Maillard reaction after processing (Lund *et al.*, 2005). The de-colourization on powder milk was due to Maillard reaction and caused deterioration in the functional properties such as foaming, solubility and emulsifying reported by Le *et al.* (2011).

Flavored milk. Consumption of flavoured milk is increasing in Pakistan, usually manufactured by blending milk with sugar, stabilizer, colour and flavour followed by UHT treatment and aseptic packaging. Now a day's different UHT dairy products are manufacturing such as tea whitener, cream as well flavoured milk. To improve the nutritional profile of milk, flavoured UHT milk is manufacture with fortified with fat and water soluble vitamins. Flavoured milk is excellent source of all milk nutrients and increasing the consumption among all age especially children. Flavoured UHT milk can be help to reduce the malnutrition, which caused by lack of essential nutrients. Flavoured milk was formulated with milk fat, lactose, whey powder, mineral, flavour and emulsifiers (Yanes *et al.*, 2002). Yeung *et al.* (2017) studied that flavoured milk contains both sweetener (sucrose, glucose-fructose syrup) and non-calories sweetener which depend upon the type of flavoured milk. In flavoured milk addition of milk fat improved the creaminess in milk. Phillips *et al.* (2007) studied that addition of whey powder in pasteurized flavoured milk to full fill solid not fat (SNF) for great nutritional, biological and functional properties. The protein industry has started to supply whey powder for milk base beverages (Bariatric, 2008). Opawumi and White (2004) studied that ingredients of flavoured milk (protein, flavour, colours, sweetener and carbohydrates) were played vital role for better nutritional value and

better sensory attributes. Murphy *et al.* (2008) studied that pasteurized flavored milk, dairy drink which was formed by adding colouring agent's (artificial or natural), flavour agents and sweetener in milk. Kumari *et al.* (2016) reported that fruit base flavoured milk preparation was same as chocolate milk by adding flavour, colour, sugar, fruit (orange, pineapple, strawberry) and consumer warmly accepted. Bhargav (2013) sterilized oat flavoured milk with different concentration (1, 2 and 3%) with 7% sugar and he concluded that 2% oat with 7 sugar flavoured milk was more acceptable on the basis of colour, mouth feel, aroma and overall acceptability. Chatterjee and Patel (2016) prepared the sterilized flavoured milk by adding sugar, cocoa powder, carrageenan and oat in milk, founded that addition of oat improves the viscosity and mouth feel was more acceptable by sensory panel. Ultra-high temperature (UHT) heat treatment of milk caused chemical and biological changes in proteins, carbohydrates and vitamins (Gliguem and Birlouez-Aragon, 2005). In UHT treated milk products, chemical and biological changes are accelerated by addition of reducing sugar. During heat processing lactose is degraded into lactulose, acids and lateral chains of amino acids through β -elimination with the formation of de-hydroalanine that can be readily react with lysine and as result producing lysinoalanine. Heat processing was promoted to denature whey proteins, when β -lactoglobulin react with κ -casein (Fox *et al.*, 2011). Maillard reaction was also occurred in UHT milk when free amino group of protein react non-enzymatically with reducing sugars. The Schiffs is temporary stable product which was formed during Amodori rearrangements other products include fructose lysine and lactose lysine (Holland *et al.*, 2011). Furosine is an indicator for thermal treatment in the milk. Furosine content in milk is directly proportion to severity of heat. The greater temperature produced high content of furosine in milk. Elliott *et al.* (2003) studied that furosine content was increased with elevation of storage temperature of UHT treated milk. Furosine was significantly increased both direct and indirect UHT treated milk but higher in indirect treated UHT milk. The amount of furosine had less value in de-hydrolyzed UHT milk as compared to normal milk. It was noted that when higher level of furosine as result lower level of bioavailability of lysine in milk (ISO, 2004). During the UHT heated milk and milk products, Maillard reaction, oxidation and proteolysis processes change the chemical composition of milk. It was noticed that degrading the lactose

into galactose and glucose reactivity with protein was more than lactose (Jansson *et al.*, 2014). Lactulose was formed by epimerization of lactose due to heat treatment. It was not present in raw milk therefore production of lactulose in milk was indication of heat severity (ISO, 2004).

Conclusions

Ultra-high temperature (UHT) treatment process is often used to process of milk for safety, shelf life and improving the quality. All over the world people mostly consumed process milk rather than raw milk. Heat treatment kill the bacteria in milk and improve the shelf life of milk. Milk proteins are two types casein and whey protein. Whey protein are heat sensitive and denature by UHT treatment. Sedimentation and age gelation occurred due to de-naturization of whey protein fractions. Maillard reaction is predominant during heat treatment in the presence of milk sugar. When milk is stored at room temperature heat resistant protease and lipase enzymes promotes the proteolysis and lipolysis of milk protein and fat. Long shelf life of UHT milk the quality of raw milk must be good and low microbial load as possible.

Conflict of Interest. The authors declare they have no conflict of interest.

References

- Abdel-Aziz, S.M., Hamed, H.A., Mouafi, F.E., Gad, A.S. 2012. Acidic pH-shock induces the production of an exo-polysaccharide by the fungus *Mucor rouxii*: utilization of beet-molasses. *New York Science Journal*, **5**: 52-61.
- Al-Attabi, Z., D'Arcy, BR., Deeth, H.C. 2009. Volatile sulphur compounds in UHT milk. *Critical Reviews in Food Science and Nutrition*, **49**: 28-47.
- Bagliniere, F., Mateos, A., Tanguy, G., Jardin, J., Briad-Bion, V., Rousseau, F., Robert, B., Beaucher, E., Gaillard, J.L., Amiel, C., Humbert, G., Dary, A., Gaucheron, F. 2013. Proteolysis of ultra high temperature-treated casein micelle by AprX enzyme from *Pseudomonas fluorescens* F induces their de-stabilization. *International Dairy Journal*, **31**: 55-61.
- Bariatric. 2008. Our products. *Bariatric Nutrition Inc. Company Website Ref Type: Electronic Citation*, bariatric.com/en/products-ca.html

- Bavarian, A., Ezzatpanah, H., Aminafshar, M., Mohammadifar, M.A. 2010. Effect of different somatic cell levels on nitrogen components of yoghurt milk and probiotic set yoghurt during storage life. *International Journal Agricultural Science and Research*, **1**: 31-38.
- Belitz, H.D., Grosch, W., Schieberle, P. 2004. *Milk and Dairy Products, in Food Chemistry*, Springer-Verlag, eds., 3rd edition, pp. 505-550, Berlin, Germany.
- Bhargav, K. 2013. *Development of Oat Added Milk Drink*, report by M. Tech. Indira Gandhi Krishi Vishwavidyalaya, Raipur (C.G.).
- Bhatt, H. 2014. Prevention of plasmin-induced hydrolysis of caseins: α -thesis presented in partial fulfilment of the requirements of the degree of *Doctor of Philosophy in Food Technology at Massey University*, Palmerston North, New Zealand.
- Celestino, E.L., Iyer, M., Roginski, H. 1997. Re-constituted UHT-treated milk: effects of raw milk, powder quality and storage conditions of UHT milk on its physico-chemical attributes and flavour. *International Dairy Journal*, **7**: 129-140.
- Chatterjee, B., Patel, T. 2016. Increased sensory quality and consumer acceptability by fortification of chocolate flavoured milk with oat B glucan. *International Journal Clinical Biomed Research*, **2**: 25-28.
- Chavan, R.S., Chavan, S.R., Khedkar, C.D., Jana, A.H. 2011. UHT Milk processing and effect of plasmin activity on shelf-life. *Comprehensive Reviews in Food Science and Food Safety*, **10**: 251-268.
- Chove, L.M., Zacharia, A.I., Grandison, A.S., Lewis, M.J. 2013. Proteolysis of milk heated at high temperatures by native enzymes analysed by trinitrobenzene sulphonic acid (TNBS) method. *African Journal Food Science*, **7**: 232-237.
- Cilliers, F.P. 2007. A biochemical study of tissue type plasminogen activator in bovine milk. (*Masters Dissertation*, University of Stellenbosch, Stellenbosch.) Retrieved from: <http://scholar.sun.ac.za/handle/10019.1/44516>
- Clare, D.A., Bang, W.S., Cartwright, G., Drake, M.A., Coronel, P., Slmunovic, J. 2005. Comparison of sensory, microbiological and biochemical parameters of microwave verses indirect UHT fluid skim milk during storage. *Journal Dairy Science*, **88**: 4172-4182.
- Costa, E.N., Lacerda, E.C.Q., Santos, S.M.S. 2011. Action of successive heat treatments in bovine milk fatty acids. *Journal Braz Chemistry Society*, **22**: 2115-2120.
- Troise, D., Dathan, N.A., Fiore, A. 2014. Faax enzymes inhibited maillard reaction development during storage both in protein glucose model system and low lactose UHT milk. *Amino Acids*, **46**: 279-288.
- Datta, N., Deeth, H.C. 2003. Diagnosing the cause of proteolysis in UHT milk. *Lebensmittel Wissenschaft and Technologie*, **36**: 173-182.
- Datta, N., Elliott, A.J., Perkins, M.L., Deeth, H.C. 2002. Ultra-high temperature (UHT) treatment of milk comparison of direct and indirect modes of heating. *Austrian Journal Dairy Technology*, **57**: 211-227.
- Datta, N., Deeth, H.C. 2001. Age gelation of UHT milk. *Food and Bioproducts Processing*, **79**: 197-210.
- Derakhshani, H., Plaizier, J.C., DeBuck, J., Barkema, H.W., Khafipour, E. 2020. 2020. Composition and co-occurrence patterns of the microbiota of different niches of the bovine mammary gland: potential associations with mastitis susceptibility, udder inflammation, and teat-end hyperkeratosis. *Animal Microbiome*, **2**: 11, doi:10.1186/s42523-020-00028-6
- Dupont, D., Lugand, D., Rolet-Repecaud, O., Degelaen, J. 2007. ELISA to detect proteolysis of ultrahigh-temperature milk upon storage. *Journal Agricultural Food Chememistry*, **17**: 6857-6862.
- Edvaldo, N., Costa, Ellen, C.Q., Lacerda., Suian, M.S., Santos., Carilan, M.S.S., Marcelo Franco, Robério, R., Julliana, S., Simionato, I. 2011. Action of successive heat treatments in bovine milk fatty acids. *Journal Braz Chemistry Society*, **22**: 2115-2120.
- Elias, R.J., Kellerby, S.S., Decker, E. 2008. Antioxidant activity of proteins and peptides. *Crit Review Food Science Nutrition*, **48**: 430-441.
- Elliott, A.J., Dhakal, A., Datta, N., Deeth, H.C. 2003. Heat-induced changes in UHT milks part-1. *Australian Journal Dairy Technology*, **58**: 3-10.
- Fernandez, A.M., Moretti, T.S., Bovo, F., Lima, C.G., Oliveira, C.A.F. 2008. Effect of somatic cell counts on lipolysis, proteolysis and apparent viscosity of UHT milk during storage. *International Journal of Dairy Technology*, **61**: 327-332.
- Fitria, A., Buckow, R., Singh, T., Hemar, Kasapis, S. 2015. Colour change and proteolysis of skim milk during high pressure thermal - processing. *Journal Food Engineering*, **147**: 102-110.
- Forsbäck, L. 2010. Bovine udder quarter milk in relation to somatic cell count: focus on milk composition and processing properties. *Doctoral Thesis*, Swedish University of Agricultural Sciences, Uppsala.

- Retrieved from: <http://pub.epsilon.slu.se/2332/>
- Fox, P.F. 2011. Heat treatment of milk heat stability of milk. In: *Encyclopedia of Dairy Sciences*, San Diego: Academic Press, Fuquay, J.W. (2nd eds.), pp. 744-749, USA.
- Gaucher, I., Tanguy, G., Faunquant, J., Jardin, J., Rousseau, F., Robert, B., Madec, M.N., Gaucheron, F. 2011. Proteolysis of casein micelles by *Pseudomonas fluorescens* CNRZ 798 contributes to the destabilisation of UHT milk during its storage. *Dairy Science and Technology*, **91**: 413-429.
- Gazi, I., Vilalva, I.C., Huppertz, T. 2014. Plasmin activity and proteolysis in milk protein ingredients. *International Dairy Journal*, **38**: 208-212.
- Gilani, G.S., Xiao, C.W., Cockell, K.A. 2012. Impact of antinutritional factors in food proteins on the digestibility of proteins and the bioavailability of amino acids and on protein quality. *Brazile Journal Nutrition*, **108**: 315-332.
- Gliguem, H., Birlouez-Aragon, I. 2005. Effects of sterilization, packaging and storage on vitamin C degradation, protein denaturation and glycation in fortified milks. *Journal Dairy Science*, **88**: 891-899.
- Hassan, A., Amjad, I., Mahmood, S. 2009. Microbiological and physico-chemical analysis of different UHT milks available in market. *African Journal Food Science*, **3**: 100-106.
- Hellwig, M., Henle, T. 2014. Baking, ageing, diabetes: a short history of the Maillard reaction. *Angew. Chemistry International Ed*, **53**: 10316-10329.
- Holland, J.W., Gupta, R., Deeth, H.C., Alewood, P.F. 2011. Proteomic analysis of temperature-dependent changes in stored UHT milk. *Journal Agricultural Food Chemistry*, **59**: 1837-1846.
- Hulmi, J.J., Lockwood, C.M., Stout, J.R. 2010. Effect of protein/essential amino acids and resistance training on skeletal muscle hypertrophy: a case for whey protein. *Nutrition and Metabolism*, **7**: 1-11.
- ISO. 2004. *Milk and Milk Products Determination of Furosine Conten-Ion-Pair Reverse-Phase High-Performance Liquid Chromatography Method*.
- Jansson, T., Jensen, S., Eggers, N., Clausen, M.R., Larsen, L.B., Ray, C., Sundgren, A., Andersen, H.J., Bertram, H.C. 2014. Volatile component profiles of conventional and lactose hydrolysed UHT milk a dynamic headspace gas chromatography mass spectrometry study. *Dairy Science Technology*, **94**: 311-325.
- Kelly, A.L., Fox, P.F. 2006. Indigenous enzymes in milk: a synopsis of future research requirements. *International Dairy Journal*, **16**: 707-715.
- Kumari, A., Choudhary, S., Arora, S., Sharma, V. 2016. Stability of aspartame and neotame in pasteurized and in bottle sterilized flavoured milk. *Food Chemistry*, **196**: 533-38.
- Lacroix, M., Bon, C., Bos, C., Léonil, J., Benamouzig, R., Luengo, C., Fauquant, J., Tomé D, Gaudichon, C. 2008. Ultra-high temperature treatment but not pasteurization, affects the postprandial kinetics of milk proteins in humans. *Journal Nutrition*, **138**: 2342-2347.
- Le, T.T., Bhandari, B., Deeth, H.C. 2011. Chemical and physical changes in milk protein concentrate (MPC80) powder during storage. *Journal Agricultural and Food Chemistry*, **59**: 5465-5473.
- Le, T.X., Datta, N., Deeth, H.C. 2006. A sensitive HPLC method for measuring bacterial proteolysis and proteinase activity in UHT milk. *Food Research International*, **39**: 823-830.
- Lee, Y.Y., Tang, T.K., Phuah, E.T., Alitheen, N.B.M., Tan, C.P., Lai, O.M. 2017. New functionalities of Maillard reaction products as emulsifiers and encapsulating agents, and the processing parameters: a brief review. *Journal Science Food Agricultural*, **97**: 1379-1385.
- Lewis, M., Grandison, A., Lin, M.J., Tsioulpas, A. 2011. Ionic calcium and pH as predictors of stability of milk to UHT processing. *Milchwissenschaft*, **66**: 197-200.
- Li, Y., Wu, Y., Quan, W., Jia, X., He, Z., Wang, Z., Adhikari, B., Chen, J., Zeng, M. 2021. Quantitation of furosine, furfurals and advanced glycation end products in milk treated with pasteurization and sterilization methods applicable in China. *Food Research International*, **140**: 110088.
- Liang, Y., Patel, H., Matia-Merino, L., Ye, A., Golding, M. 2013. Effect of pre-heat and post-heat treatments on the physico-chemical, micro-structural and rheological properties of milk protein concentrate-stabilised oil-in-water emulsions. *International Dairy Journal*, **32**: 184-191.
- Lin, S., Sun, J., Cao, D., Cao, J., Jiang, W. 2010. Distinction of different heat-treated bovine milks by native-PAGE finger printing of their whey proteins. *Food Chemistry*, **121**: 803-808.
- Lund, M.N., Olsen, K., Sørensen, J., Skibsted, L.H. 2005. Kinetics and mechanism of lactosylation of α -lactalbumin. *Journal Agricultural Food Chemistry*, **53**: 2095-2102.

- Marchesseau, S., Mani, J.C., Martineau, P., Rochet, F., Cuq, J.L., Pugniere, M. 2002. Casein interactions studied by surface plasmon resonance technique. *Journal Dairy Sciences*, **85**: 2711-2721.
- Martins, S.I.F.S., van Boekel, M.A.J.S. 2005. Kinetics of the glucose/glycine Maillard reaction pathways: influences of pH and reactant initial concentrations. *Food Chemistry*, **92**: 437-448.
- Meltretter, J., Wust, J., Pischetsrieder, M. 2014. Modified peptides as indicators for thermal and nonthermal reactions in processed milk. *Journal Agricultural Food Chemistry*, **62**: 10903-10915.
- Meshref, A., Al-Rowaily. 2008. Effect of heating treatments, processing methods and refrigerated storage of milk and some dairy products on lipids oxidation Pakistan. *Journal Nutrition*, **7**: 118-125.
- Miguel, J.P., Adriano, G., Bruna, W.M., Daniel, N.L., Claucia, F.V. 2015. Effects of pasteurization and ultra-high temperature processes on proximate composition in fatty acids profile of bovine milk. *American Journal Food Technology*, **10**: 265-272.
- Murphy, M.M., Douglas, J.S., Johnson, R.D., Spence, L.A. 2008. Drinking flavoured or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents. *Journal American Diet Association*, **108**: 631-639.
- O'Brien, B., Guinee, T. 2011. Milk/seasonal effects on processing properties of cows' milk, *Encyclopedia of Dairy Sciences*, 2nd edition, pp. 598-606.
- Opawumi, C., White, R. 2004. Developing UHT high protein beverages: stabilizing a complex mix of proteins with carrageenan or cellulose gel. *Dairy Foods*. <http://www.dairyfoods.com>
- Perkins, M.L., Elliott, A.J., D'Arcy, B.R., Deeth, H.C. 2005. Stale flavour volatiles in Australian commercial UHT milk during storage. *Austrian Journal Dairy Technology*, **60**: 231-237.
- Phillips, S.M., Moore, D.M., Tang, J.E. 2007. A critical examination of dietary protein requirements, benefits and excesses in athletes. *International Journal Sport Nutrition and Exercise Metabolism*, **17**: 58-76.
- Pischetsrieder, M., Henle, T. 2012. Glycation products in infant formulas: chemical, analytical and physiological aspects. *Amino Acid*, **42**: 1111-1118.
- Prado, B.M., Sombers, S.E., Ismail, B., Hayes, K.D. 2006. Effect of heat treatment on the activity of inhibitors of plasmin and plasminogen activators in milk. *International Dairy Journal*, **16**: 593-599.
- Pulkkinen, L. 2014. Storage stability in a milk based UHT-beverage: effect of pH, carrageenan and storage time. *Masters Dissertation*, Swedish University of Agricultural Sciences, Uppsala Retrieved from: http://stud.epsilon.slu.se/7403/7/pulkkinen_1_141009.pdf
- Rauh, V.M., Sundgren, A., Bakman, M., Ipsen, R., Paulsson, M., Larsen, L.B., Hammershøj, M. 2014. Plasmin activity as a possible cause for age gelation in UHT milk produced by direct steam infusion. *International Dairy Journal*, **38**: 199-207.
- Richards, M., De Kock, H.L., Buys, E.M. 2014. Multivariate accelerated shelf-life test of low fat UHT milk. *International Dairy Journal*, **36**: 38-45.
- Samaržija, D., Zamberlin, Š., Pogačič, T. 2012. Psychrotrophic bacteria and milk and dairy products quality. *Mljekarstvo*, **62**: 77-95.
- Shahidi, F., Zhong, Y. 2010. Lipid oxidation and improving the oxidative stability. *Chemistry Society Review*, **39**: 4067-4079.
- Tamime, A.Y. 2008. *Milk/Processing and Quality Management*, Utopia Press, Singapore.
- Tetra Pak. 2003. *Dairy Processing Handbook*, 2nd eds., Tetra Pak Processing Systems AB, Lund, Sweden.
- Tijssen, R.L.M., Canabady-Rochelle, L.S., Mellema, M. 2007. Gelation upon long storage of milk drinks with carrageenan. *Journal Dairy Science*, **90**: 2604-2611.
- Topçu, A., Numanoglu, E., Saldamli, I. 2006. Proteolysis and storage stability of UHT milk produced in Turkey. *International Dairy Journal*, **16**: 633-638.
- Troise, A.D., Bandini, E., De Donno, R., Meijer, G., Trezzi, M., Fogliano, V. 2016. The quality of low lactose milk is affected by the side proteolytic activity of the lactase used in the production process. *Food Research International*, **89**: 514-525.
- Valero, E., Villamiel, M., Miralles, B., Sanz, J., Martínez-Castro, I. 2001. Changes in flavour and volatile components during storage of whole and skimmed UHT milk. *Food Chemistry*, **72**: 51-58.
- Van Boekel, M.A.J.S. 2001. Kinetic aspects of the Maillard reaction: a critical review. *Nahrung*, **45**: 150-159.
- Vazquez-Landaverde, P.A., Torres, J.A., Qian, M.C. 2006. Effect of high pressure and moderate temperature processing on the volatile profile of milk. *Journal Agricultural and Food Chemistry*, **54**: 9184-9192.
- Vijayakumar, S. 2012. Effects of thermo-sonication on proteases and characteristics of milk and cream.

- (*Masters Dissertation*, Iowa State University, Iowa)
Retrieved from: <http://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=3507&context=etd>
- Yanes, M., Duran, L., Costell, E. 2002. Rheological and optical properties of commercial chocolate milk beverages. *Journal of Food Engineering*, **51**: 229-234.
- Yeung, C.H.C., Gohil, P., Rangan, A.M., Flood, V.M., Arcot, J., Gill, T.P., Louie, J.C.Y. 2017. Modelling of the impact of universal added sugar reduction through food re-formulation. *Science Report*, **7**: 17392 <https://doi.org/10.1038/s41598-017-17417-8>
- Zamora, R., Hidalgo, F.J. 2005. Coordinate contribution of lipid oxidation and Maillard reaction to the non-enzymatic food browning. *Crit Rev Food Science Nutrition*, **45**: 49-59.
- Zhang, E., Bijl, K., Muis, E., Hettinga, K. 2020. Stability of fat globules in UHT milk during proteolysis by the AprX protease from *Pseudomonas fluorescens* and by plasmin. *Journal of Dairy Sciences*, **103**: 179-190.