Cultured Dairy Innovations: Technologies and Trends

MAGDALENA NAZIEMIEC, PH.D.
JUNE 15, 2026

GREAT NEWS FOR DAIRY

According to CoBank, Dairy was the largest retail category with **$76 billion sales** in 2024

From 2021-2024, dairy retail sales **grew 15.4%, with yogurt growing 28.2%**

Cottage cheese sales were **up 16%** in 2024 compared to the previous year

Geiger, Corey, et al. "Dairy Products Have More Growth Potential." CoBank, July 2024, www.cobank.com/documents/7714906/7715329/KED-Report-DairyCPG-Jul2024.pdf/8dea635e-af57-7230-9b88-b1418c8d1496?t=1721159077980&utm_source=delivra&utm_medium=email&utm_campaign=membernote&utm_id=10019104.

U.S. fluid milk production is at a **record high**

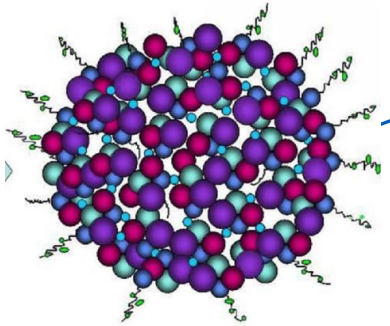
However – fluid milk consumption is **stable**
after years of declining sales

Most of the milk is going into dairy production!

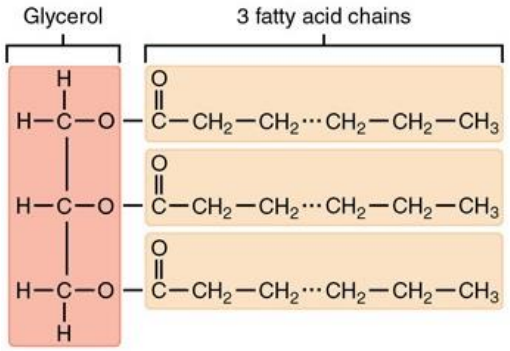
Why?

"Milk-Drinking Is Having a Moment." National Milk Producers Federation, 24 Feb. 2025, www.nmpf.org/milk-drinking-is-having-a-moment/.
Munch, Daniel. "Record Milk Production, Shrinking Herd Pipeline." American Farm Bureau Federation, 26 Jan. 2026, www.fb.org/market-intel/record-milk-production-shrinking-herd-pipeline.

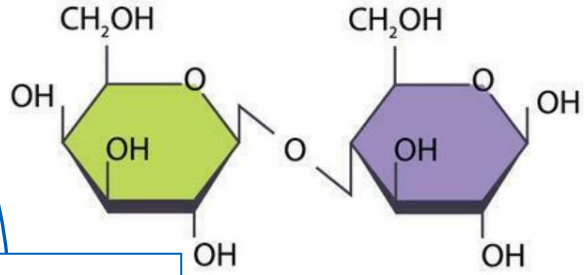
WHAT IS IN A CULTURED DAIRY PRODUCT?



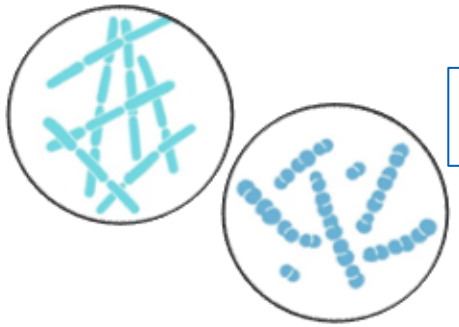
PROTEIN



FAT*

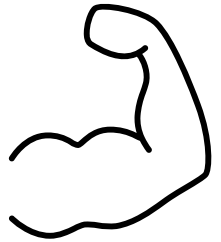


SUGAR*



PROBIOTICS*

VITAMINS & MINERALS



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https://study.com/learn/lesson/triacylglycerol-structure-function-what-is-triacylglycerol.html
Rebouillat, Serge, and S. Ortega-Requena. Potential Applications of Milk Fractions and Valorization of Dairy By-Products: A Review of the State-of-the-Art Available Data, Outlining the Innovation Potential from a Bigger Data Standpoint. Journal of Biomaterials and Nanobiology, 2015, 6, pp.176-203. 10.4236/jbnb.2015.63018

TOP FOOD & BEVERAGE TRENDS 2026

INNOVA MARKET INSIGHTS

1. Powerhouse Protein
2. Gut Health Hub
3. Layers of Delight
4. Beverages with Purpose
5. *Authentic Plant Based*
6. Made for Moments
7. Worth Every Bite
8. *Mind Balance*
9. Crafting Tradition
10. Justified Choices

"Top 10 Food and Beverage Trends 2026." *Top Food and Beverage Trends 2026*, Innova Marketing Insights, 6 Nov. 2025, www.innovamarketinsights.com/trends/topfood-and-beverage-trends-2026/.

1. Affordable Luxury
2. GLP-1 Favors Dairy
3. Whole & Organic
4. Go With Your Gut
5. Seasonal & Experimental

"5 Trends to Watch 2026: Dairy." Insights, Synergy, www.synergytaste.com/insights/dairy-trends-2026/?utm_source=daily-dose-of-dairy-blog&utm_medium=displayad&utm_campaign=dairy-trends&utm_content=displayad-728x90-animated-banner. Accessed 1 June 2026.

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

According to the IFIC Food & Health Survey,
23% of Americans reported following a “high protein” diet in 2025

This is up from
20% in 2024,
18% in 2023, and
4% in 2018

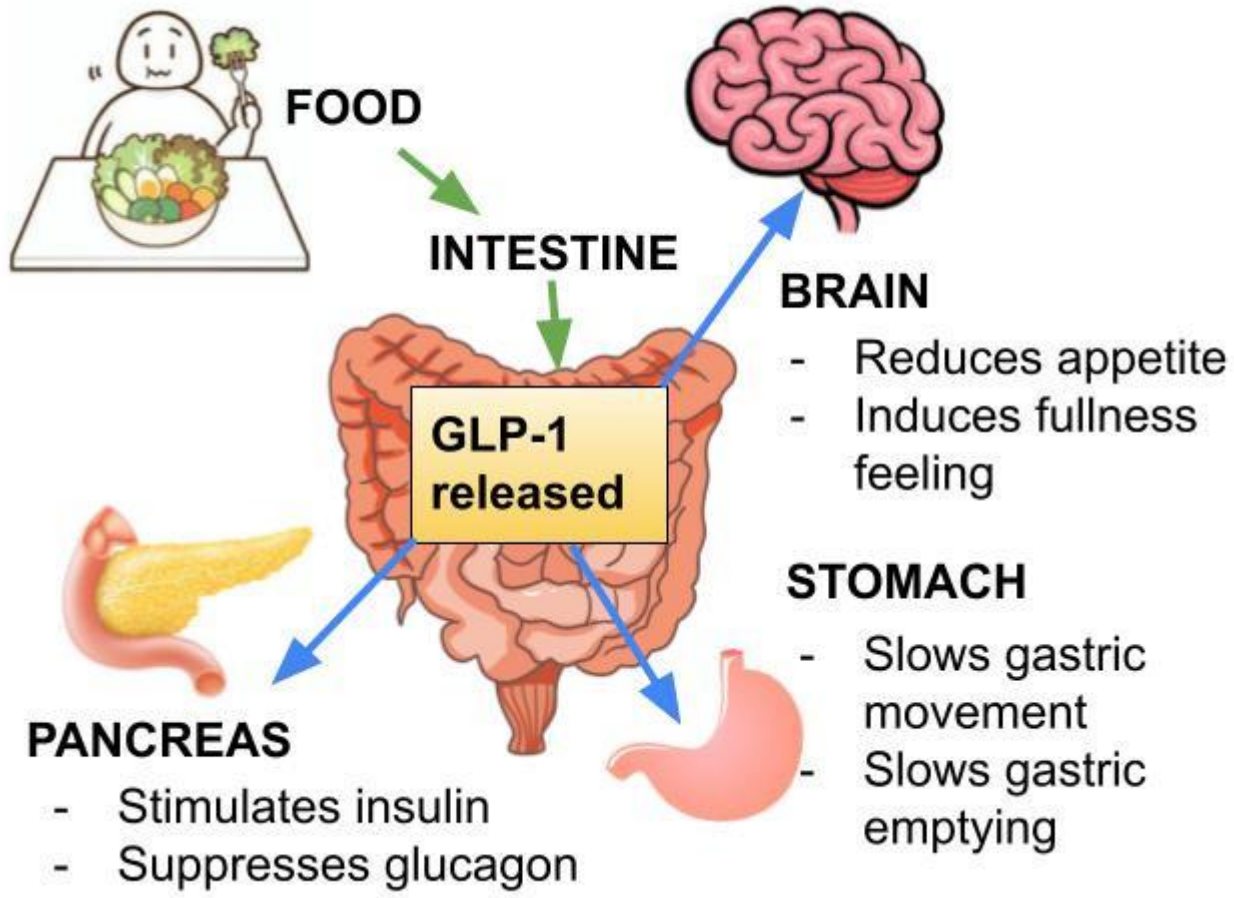
2026, 2025 IFIC Food & Health Survey, https://ific.org/wp-content/uploads/2025-IFIC-Food-Health-Survey-Full-Report.pdf. Accessed 1 June 2026.

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

GLP-1: Glucagon-like peptide-1 receptor agonists

Insulin: Moves glucose from blood stream to other cells in the body
(lowers blood sugar)

Glucagon: Stimulates liver to release glucose into the blood stream
(raises blood sugar)



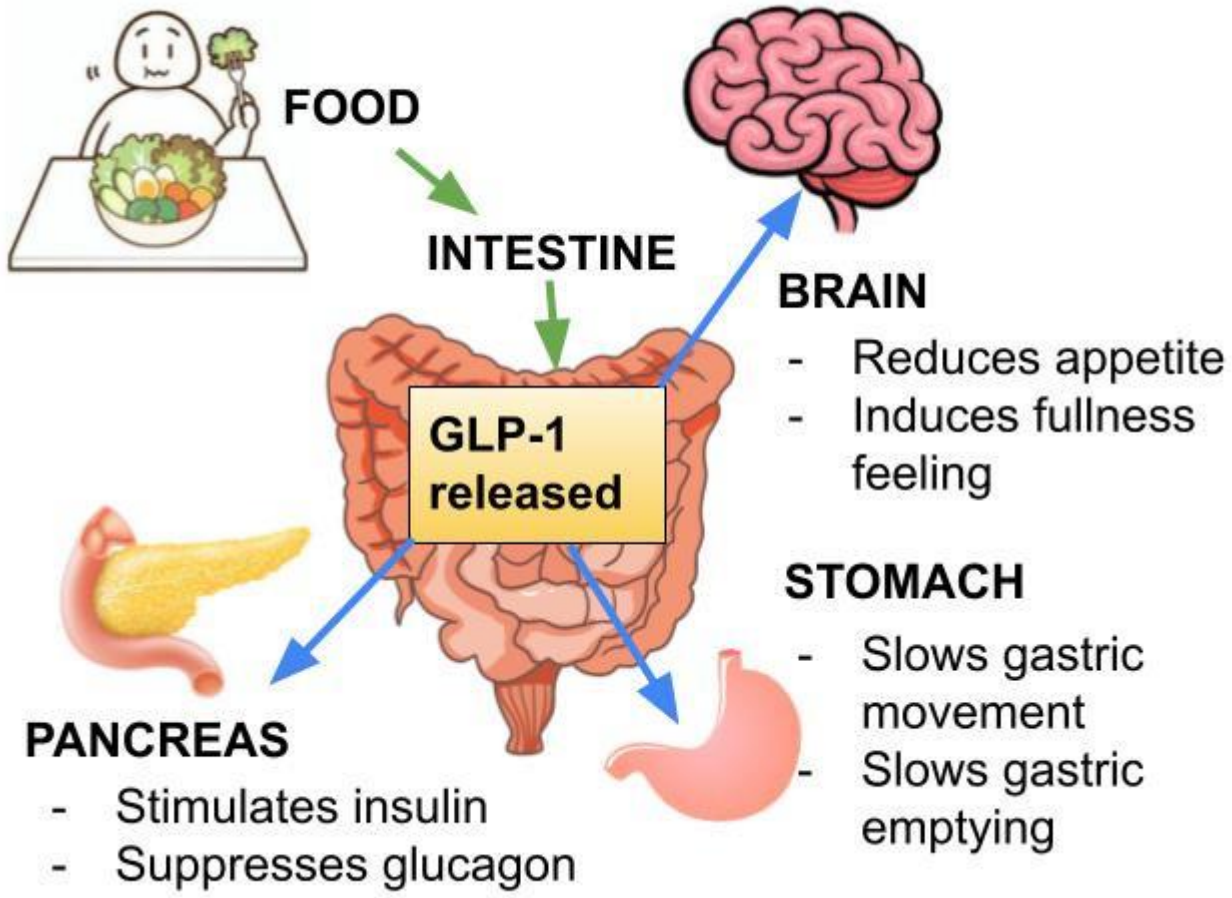
“Glucagon.” *Cleveland Clinic*, Cleveland Clinic, 21 Jan. 2025, my.clevelandclinic.org/health/articles/22283-glucagon.
“Insulin.” *Cleveland Clinic*, Cleveland Clinic, 17 Nov. 2024, my.clevelandclinic.org/health/body/22601-insulin
Marks, Lara. “GLP-1.” *WhatisBiotechnology*, Nov. 2025, www.whatisbiotechnology.org/index.php/science/summary/glp1/.

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

12% of U.S. adults estimated to have tried GLP-1s

Food intake decreases ~50%
Must continue to take the drug to maintain effects

Medical professionals advise:
-High protein foods
-High fiber foods
-Increasing hydration
-Small, frequent meals
-Avoiding greasy, sugary foods



Marks, Lara. “GLP-1.” *WhatisBiotechnology*, Nov. 2025, www.whatisbiotechnology.org/index.php/science/summary/glp1/.
Neff, Todd. “Many People Using GLP-1 Weight Loss Drugs May Not Be Eating Enough Nutritious Food.” *UCHealth Today*, University of Colorado Health, 19 May 2025, www.uchealth.org/today/nutrition-vital-when-taking-glp-1-weight-loss-drugs/.

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Product	Protein per 100 g	Fat per 100 g
Cottage Cheese, Full Fat	11.6 g	4.22 g
Cottage Cheese, 2% Milkfat	11 g	2.3 g
Yogurt, Plain, Whole Milk	3.82 g	4.48 g
Yogurt, Plain, Nonfat	4.23 g	0.09 g
Greek Yogurt, Plain, Whole Milk	8.78 g	4.39 g
Greek Yogurt, Plain, Low Fat	10.3 g	0.37 g

“FoodData Central Food Details.” *USDA FoodData Central*, USDA, 28 April. 2022, fdc.nal.usda.gov/food-details/2259793/nutrients.
“FoodData Central Food Details.” *USDA FoodData Central*, USDA, 28 April. 2022, fdc.nal.usda.gov/food-details/2259794/nutrients.
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“FoodData Central Food Details.” *USDA FoodData Central*, USDA, 26 Oct. 2023, fdc.nal.usda.gov/food-details/2647437/nutrients.
“FoodData Central Food Details.” *USDA FoodData Central*, USDA, 1 April. 2019, fdc.nal.usda.gov/food-details/328841/nutrients.
“FoodData Central Food Details.” *USDA FoodData Central*, USDA, 1 April. 2019, fdc.nal.usda.gov/food-details/330137/nutrients.

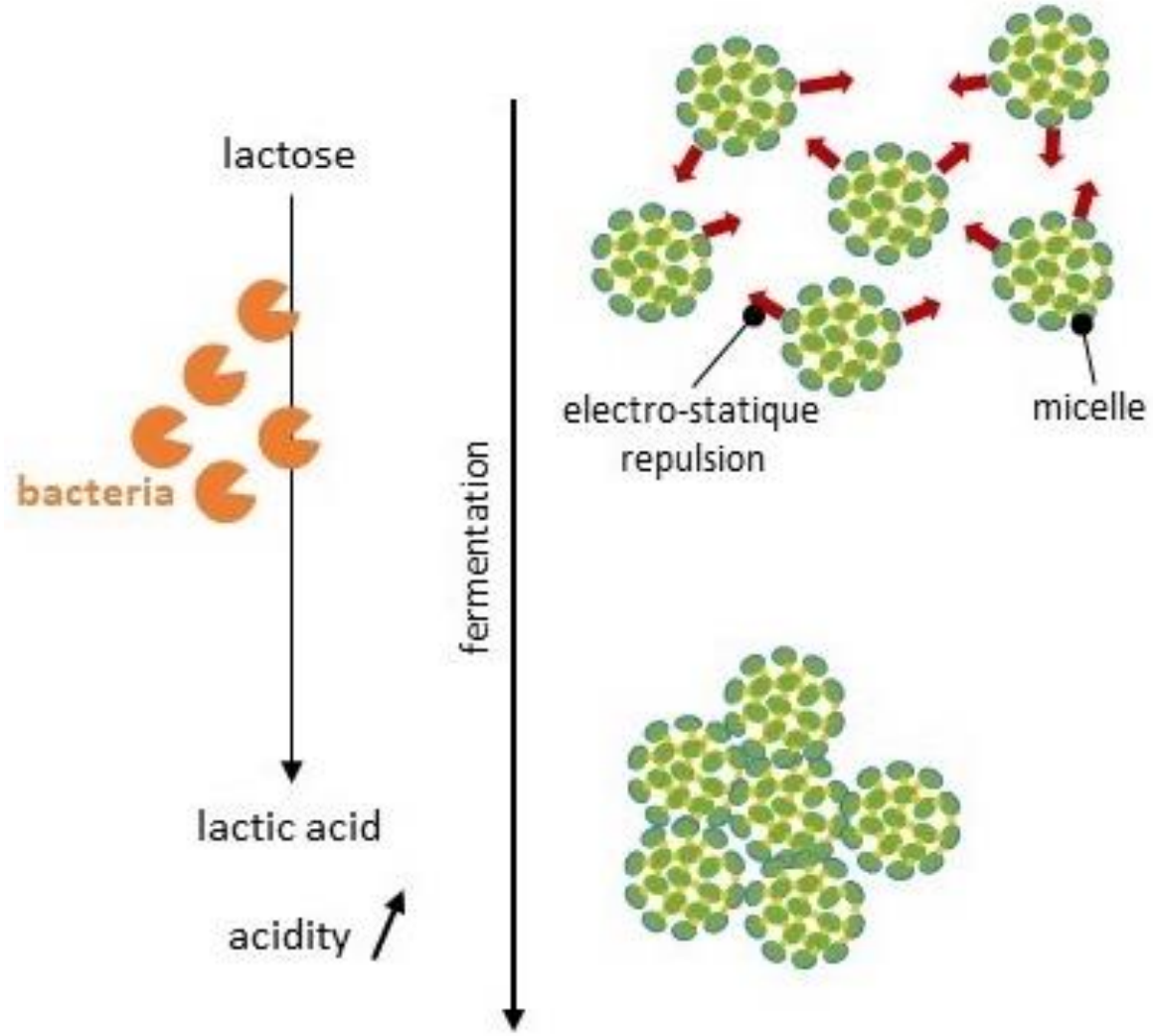
“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

The very nature of yogurt and cottage cheese is a protein network!

Through fermentation and/or use of rennet, casein micelles
COAGULATE and **PRECIPITATE**

Fermentation/acidification depletes casein micelle of micellar calcium phosphate and neutralizes charge around it

Rennet (chymosin) cleaves K-casein from around casein micelle and eliminates repulsion



https://www.cheese-in-the-city.com/2019/05/01/milk-coagulation.htm
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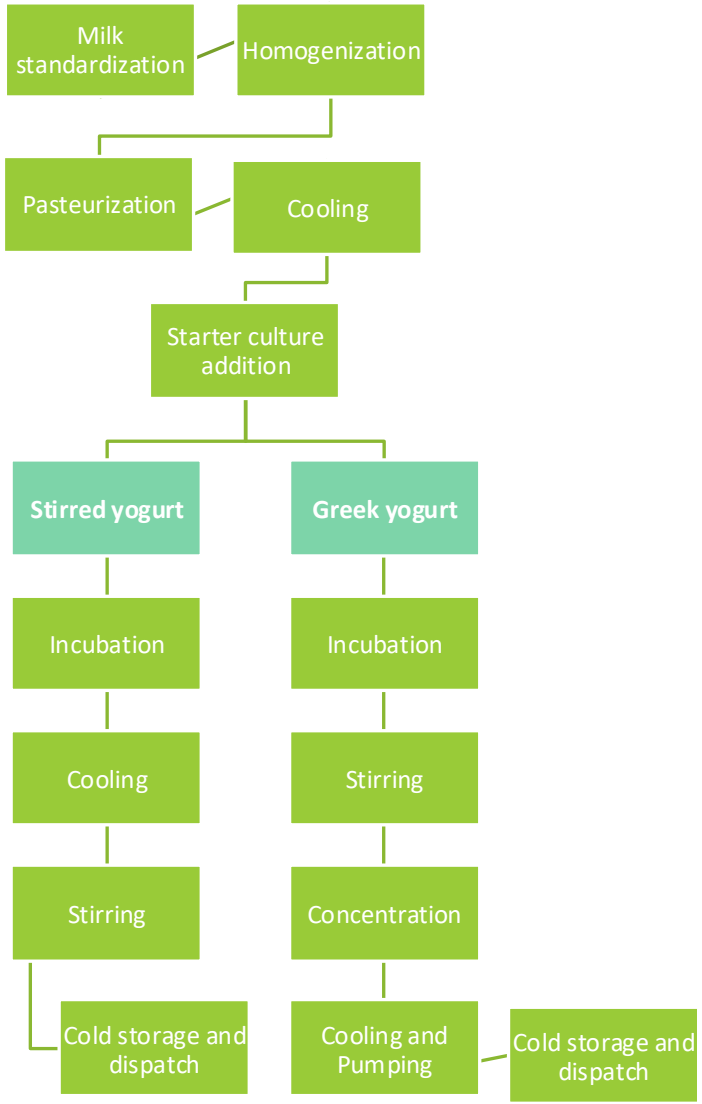
“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Yogurt vs Greek Yogurt Processing



Curic-Bawden, Mirjana. “General Principals of Yogurt Manufacturing.” Penn State Cultured Dairy Short Course, Penn State, 25 September 2024, FSB University Park, PA. Lecture.
Kaur et al. “Yogurt: A Nature’s Wonder for Mankind.” *Int.l J. Food. Ferment.* 2017. 6(1). 57-69.
Lange, Ignace, et al. “Technology and factors influencing greek-style yogurt – a review.” *Ukrainian Food Journal*, vol. 9, no. 1, Mar. 2020, pp. 7–35, https://doi.org/10.24263/2304-974x-2020-9-1-3.

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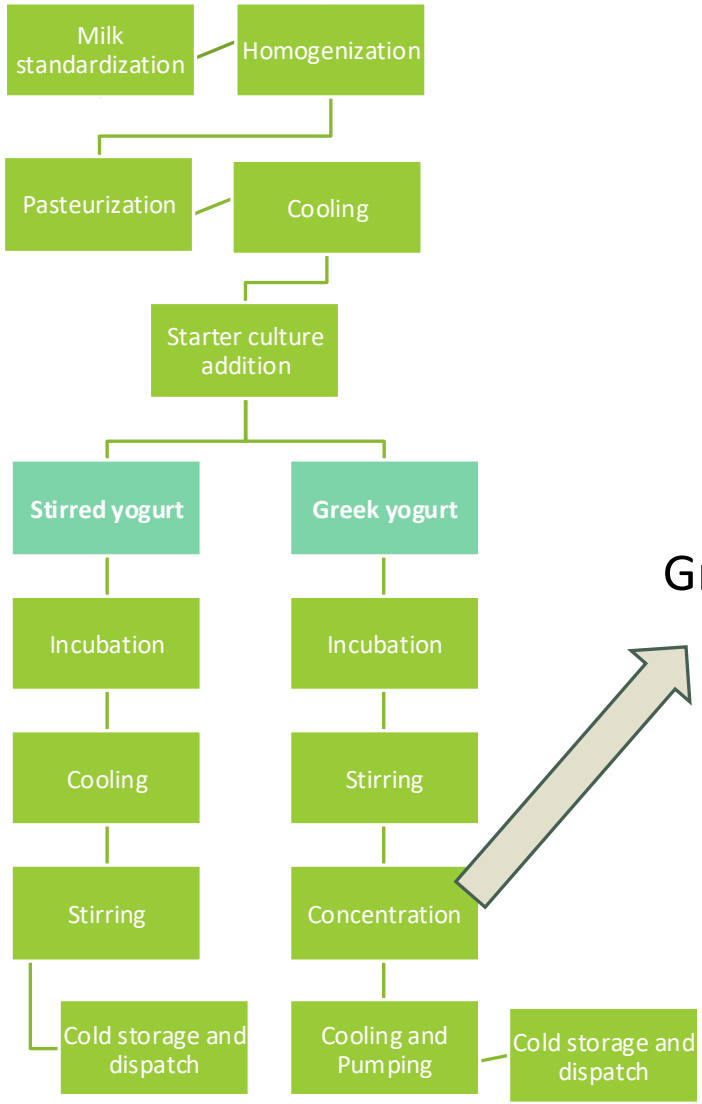
Yogurt vs Greek Yogurt Processing



Greek yogurt concentration methods:

1. Traditional (cloth bags)
2. Mechanical separation
3. Membrane Processing: UF

Curic-Bawden, Mirjana. “General Principals of Yogurt Manufacturing.” Penn State Cultured Dairy Short Course, Penn State, 25 September 2024, FSB University Park, PA. Lecture.
Kaur et al. “Yogurt: A Nature’s Wonder for Mankind.” *Int.l J. Food. Ferment.* 2017. 6(1). 57-69.
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“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Greek Yogurt Concentration
Traditional method: Separate liquid using a cloth bag

✅ Excellent sensory properties
✅ Low cost

❌ Slow (15-20 hours)
❌ Labor intensive
❌ Sanitation concerns

https://www.simplyrecipes.com/recipes/how_to_make_homemade_greek_yogurt/
Lange, Ignace, et al. “Technology and factors influencing greek-style yogurt – a review.” *Ukrainian Food Journal*, vol. 9, no. 1, Mar. 2020, pp. 7–35, https://doi.org/10.24263/2304-974x-2020-9-1-3

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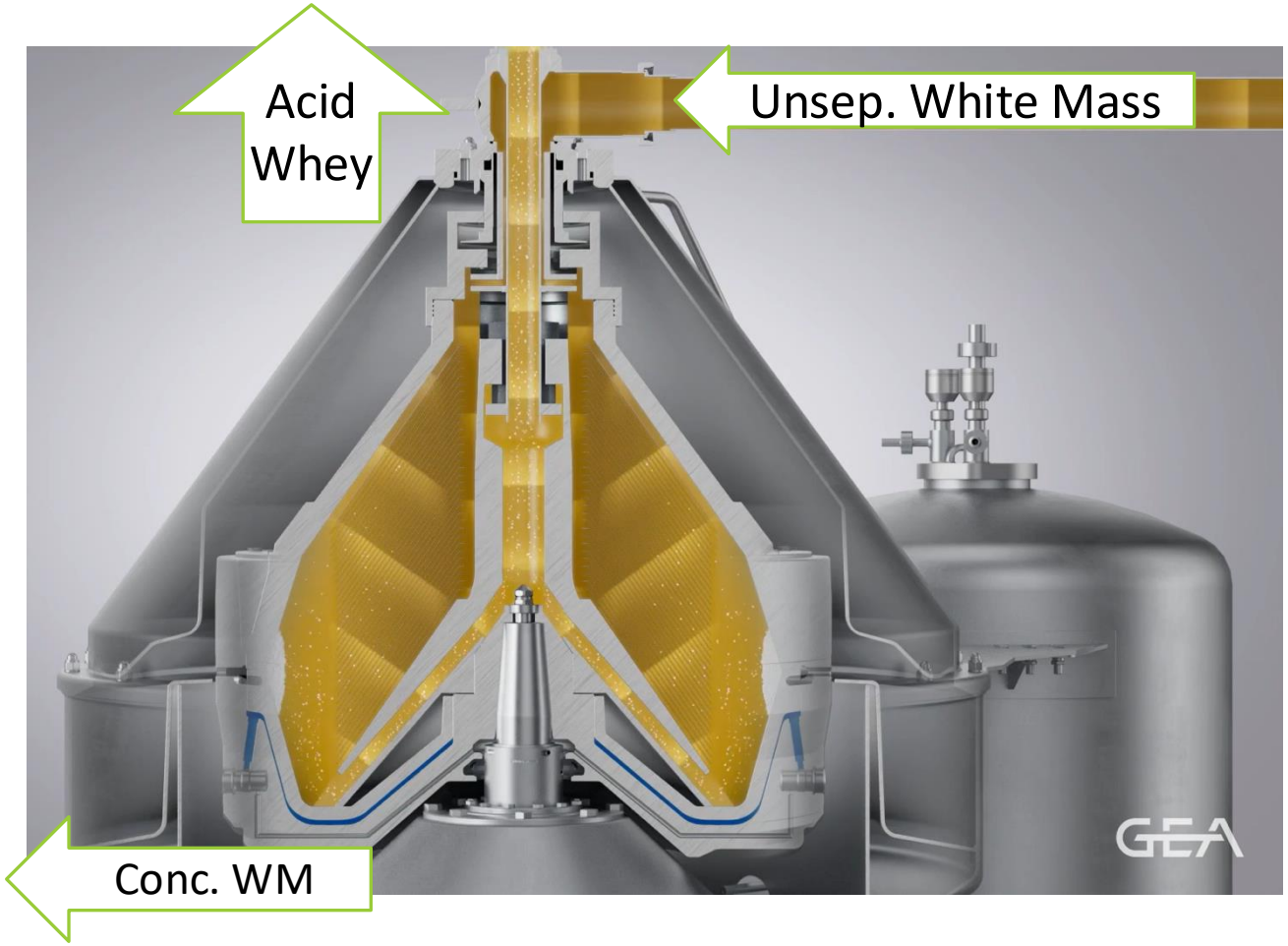


Greek Yogurt Concentration
Mechanical separator: Separate liquid using centrifugation

✅ Faster (6-8 hours)
✅ Easy to CIP

❌ Risk of fat clogging nozzles
❌ Risk of protein loss in whey stream
❌ Cost of investment and upkeep

https://www.gea.com/en/products/centrifuges-separation/centrifugal-separator/
Lange, Ignace, et al. “Technology and factors influencing greek-style yogurt – a review.” *Ukrainian Food Journal*, vol. 9, no. 1, Mar. 2020, pp. 7–35, https://doi.org/10.24263/2304-974x-2020-9-1-3

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Greek Yogurt Processing
Membrane processing: Pre-Fermentation

✅ Increase protein before fermentation
✅ In-house or from supplier
❌ Fermentation time

Spiral-Wound Membranes for UF Milk Production

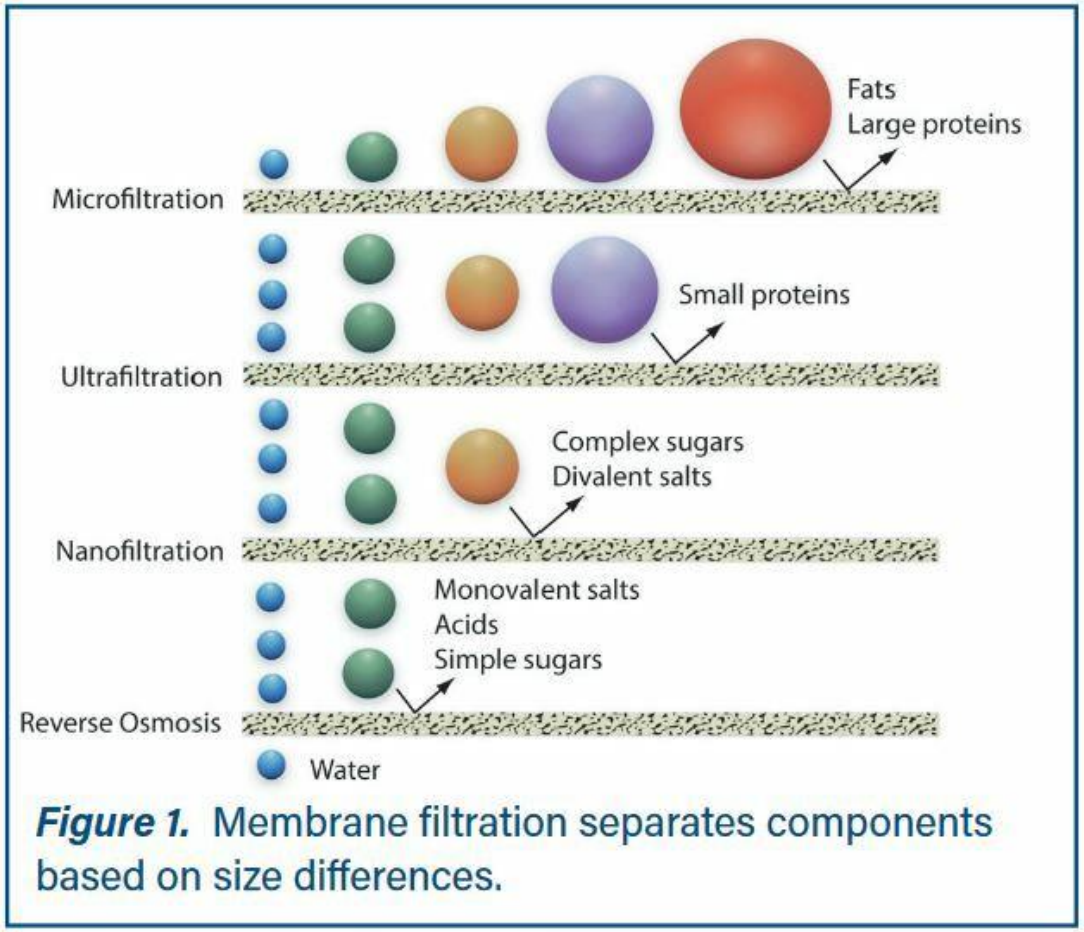


Figure 1. Membrane filtration separates components based on size differences.

Lange, Ignace, et al. “Technology and factors influencing Greek-style yogurt – a review.” *Ukrainian Food Journal*, vol. 9, no. 1, Mar. 2020, pp. 7–35, https://doi.org/10.24263/2304-974x-2020-9-1-3
“Membrane Types and Applications.” *Tetra Pak*, www.tetrapak.com/solutions/integrated-solutions-equipment/processing-equipment/membrane-filtration/membrane-types. Accessed 1 June 2026.
Wilbanks, Daniel. “Yogurt Monograph Series: Concentrating Yogurt.” *Center for Dairy Research*, cdr.wisc.edu/yogurt-monograph-concentrating-yogurt. Accessed 1 June 2026.

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Initial slow pH drop: cultures are in lag phase, slowly producing lactic acid

Rapid pH drop to 4.9: cultures are in log phase

Slow pH drop after 4.9: cultures have used up many nutrients

Goal of fermentation is to reach pH 4.6

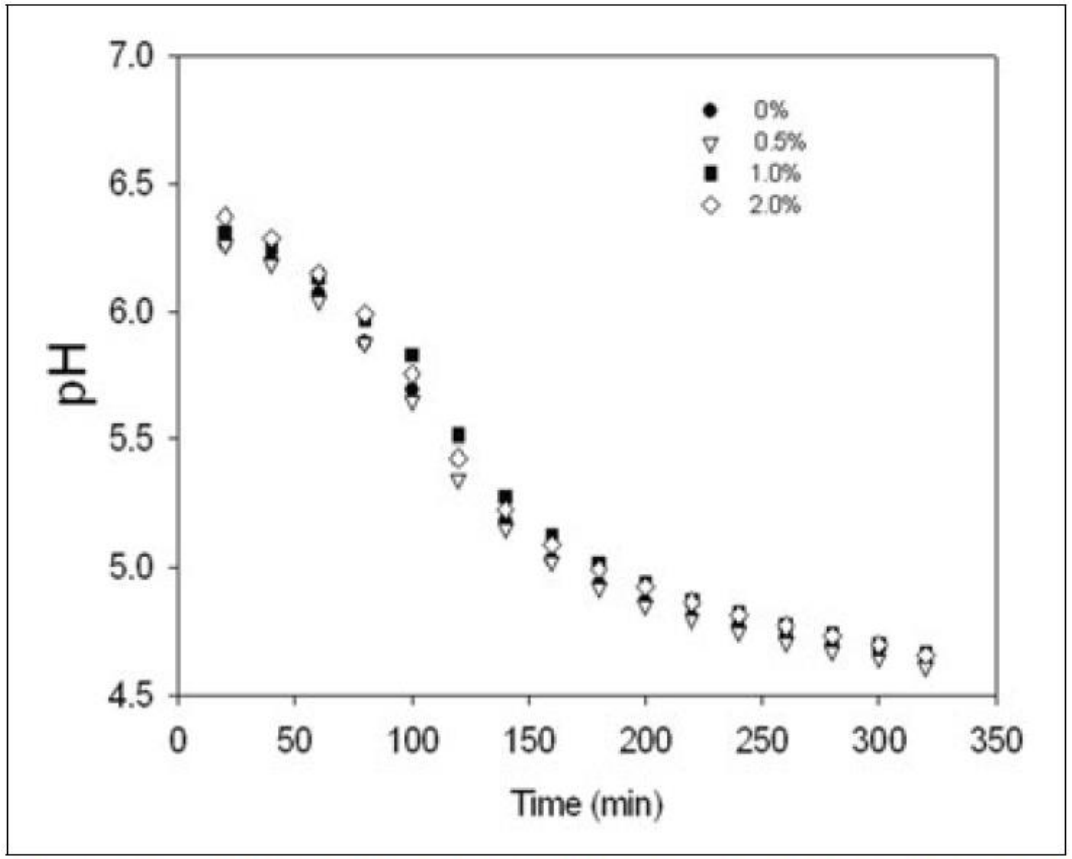


Figure 1—pH variation during the fermentation of yogurt mixes at various SLC levels (0%, 0.5%, 1%, 1.5%, and 2%).

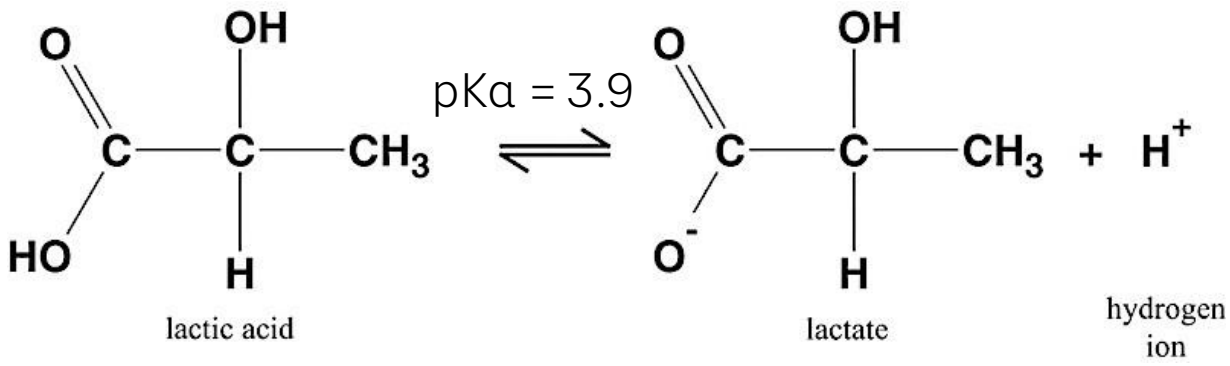
Singh, M., and S. Kim. “Yogurt Fermentation in the Presence of Starch-Lipid Compounds.” *Journal of Food Science*. 2009, 47(2), 85-89

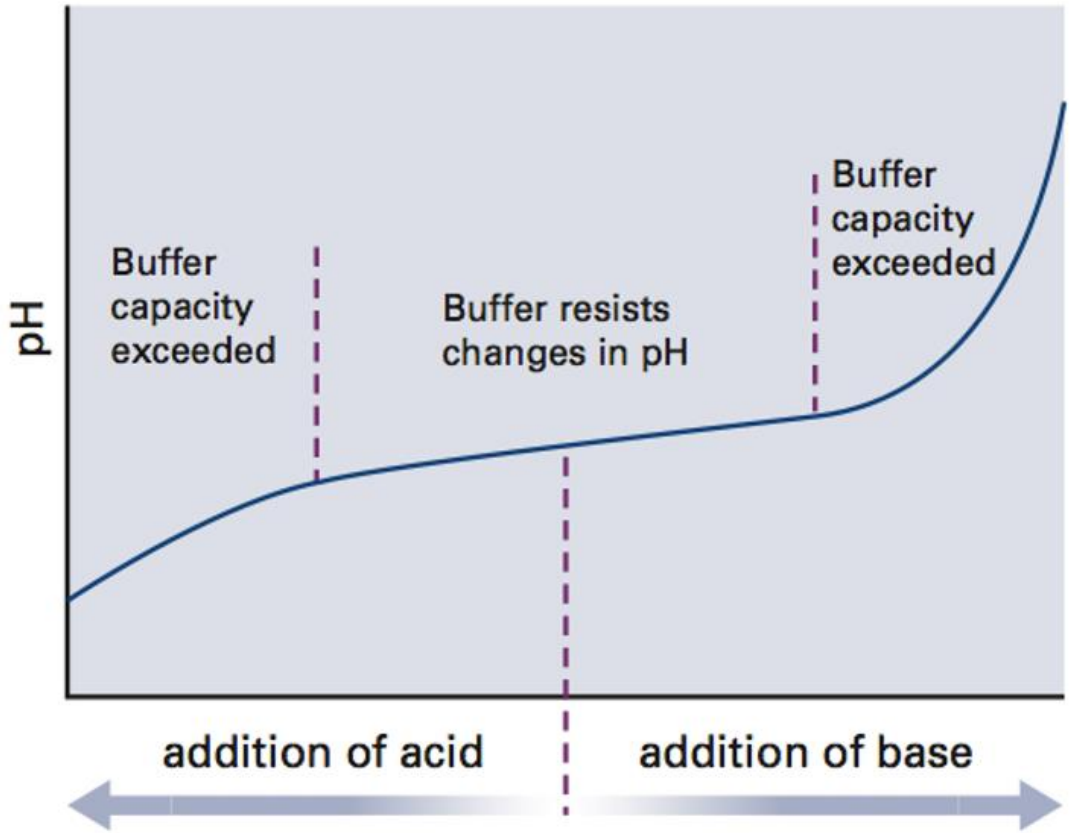
“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Slow pH drop after 4.9: buffering capacity of lactic acid, proteins, and salts

Increase protein = increase buffering

Longer fermentation times = More lactic acid = More acidic taste





https://villanovachemistry.wordpress.com/problems-with-buffer-solutions/

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

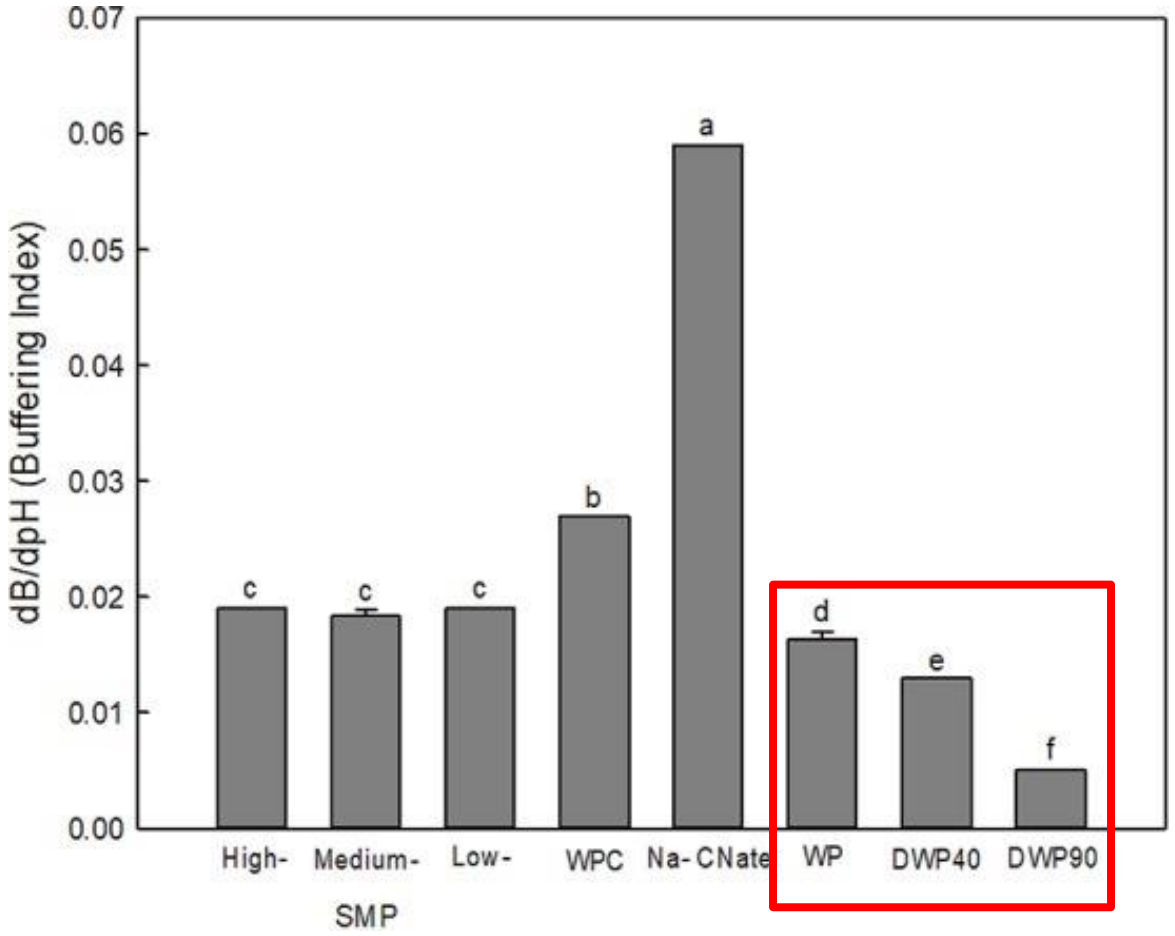


Fig. 1. The buffering capacity (BC) of various dairy powders.
Different letters indicate significant difference at $p<0.05$. SMP, skim milk powder; WPC, whey protein concentrate; Na-CNate, sodium caseinate; WP, whey powder; DWP40, 40% demineralized whey powder; DWP90, 90% demineralized whey powder.

Increase protein = increase buffering

Decrease salts = decrease buffering

Choose your UF milk wisely!

Kim, M., Oh, S. & Imm, JY. Buffering Capacity of Dairy Powders and Their Effect on Yoghurt Quality. Food Sci Anim Resour 38, 273–281 (2018). https://doi.org/10.5851/kosfa.2018.38.2.273

“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

Milk Protein Concentrate (MPC)	Milk Protein Isolate (MPI)	Whey Protein Concentrate (WPC)	Whey Protein Isolate (WPI)
Casein and whey in same ratio as milk (80:20), in native state as milk	Casein and whey in same ratio as milk (80:20), in native state as milk	Whey is only protein	Whey is only protein
✅ Complete protein ✅ Creamy texture ✅ Emulsification	✅ High Protein (min 90%) ✅ Complete protein ✅ Creamy texture ✅ Emulsification	✅ High Protein (up to 80%) ✅ Cost effective	✅ High Protein (min 90%) ✅ Low lactose
❌ Hydration time ❌ Sedimentation potential ❌ Negative flavor interactions	❌ Cost ❌ Hydration time ❌ Potential off flavors	❌ Higher lactose ❌ Higher fat ❌ Potential off flavors	❌ Cost

California Dairy Innovation Center. “Processors’ Guide & Formulations Drinkable Yogurts and Fermented Milks.” Pacific Coast Coalition. Oct. 2024.
“Milk Protein Isolate: Thinkusadairy by the U.S. Dairy Export Council.” *U.S. Dairy Export Council; Ingredients, Products, Global Markets*, www.thinkusadairy.org/products/milk-proteins/milk-protein-categories/milk-protein-isolate. Accessed 1 June 2026.
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“POWERHOUSE PROTEIN” (INNOVA) / “GLP-1 FAVORS DAIRY” (SYNERGY)

FOOD DIVE

Protein powder shortage threatens America’s biggest food craze

Companies are now grappling with whether to raise prices at a time when consumers are already reeling from a prolonged period of inflation.

Published May 7, 2026

Sarah Zimmerman
Editor

The Atlantic

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CULTURE

The Protein Shortage Is Coming

Making all that whey is complicated.

By Ellen Cushing

Illustration by The Atlantic. Source: Getty.

MAY 15, 2026

SHARE SAVE

“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)

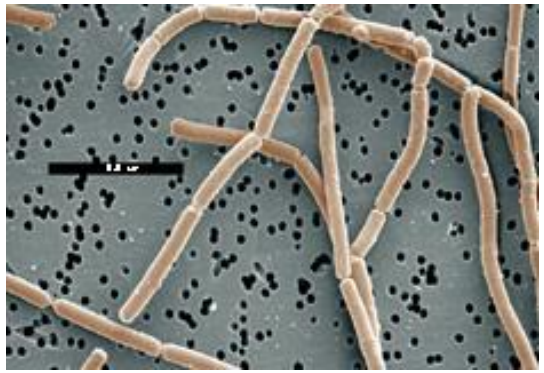
Code of Federal Regulations Title 21

§ 131.200 Yogurt.

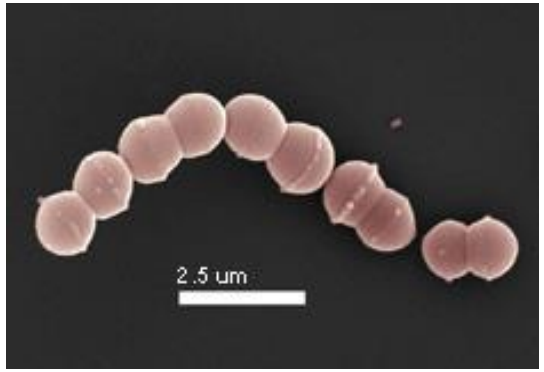
(a) ***Description.*** Yogurt is the food produced by culturing one or more of the basic dairy ingredients specified in paragraph (b) of this section and any of the optional dairy ingredients specified in paragraph (c) of this section with a characterizing bacterial culture that contains the lactic acid-producing bacteria, *Lactobacillus delbrueckii* subsp. *bulgaricus* and *Streptococcus thermophilus*. The ingredients specified in paragraphs (b) and (c) of this section may be homogenized and must be pasteurized or ultra-pasteurized before the addition of the characterizing bacterial culture. One or more of the other optional ingredients specified in paragraph (d) of this section may also be added. Yogurt contains not less than 3.25 percent milkfat, except as provided for in paragraph (g) of this section, and not less than 8.25 percent milk solids not fat and has a pH of 4.6 or lower measured on the finished product within 24 hours after filling. To extend the shelf life of the food, yogurt may be treated after culturing to inactivate viable microorganisms.

(b) ***Basic dairy ingredients.*** Cream, milk, partially skimmed milk, skim milk, or the reconstituted versions of these ingredients may be used alone or in combination.

(c) ***Optional dairy ingredients.*** Other safe and suitable milk-derived ingredients may be used to increase the milk solids not fat content of the food above the minimum of 8.25 percent required in paragraph (a) of this section, provided that the ratio of protein to total nonfat solids of the food, and the protein efficiency ratio of all protein present must not be decreased as a result of adding such ingredients.



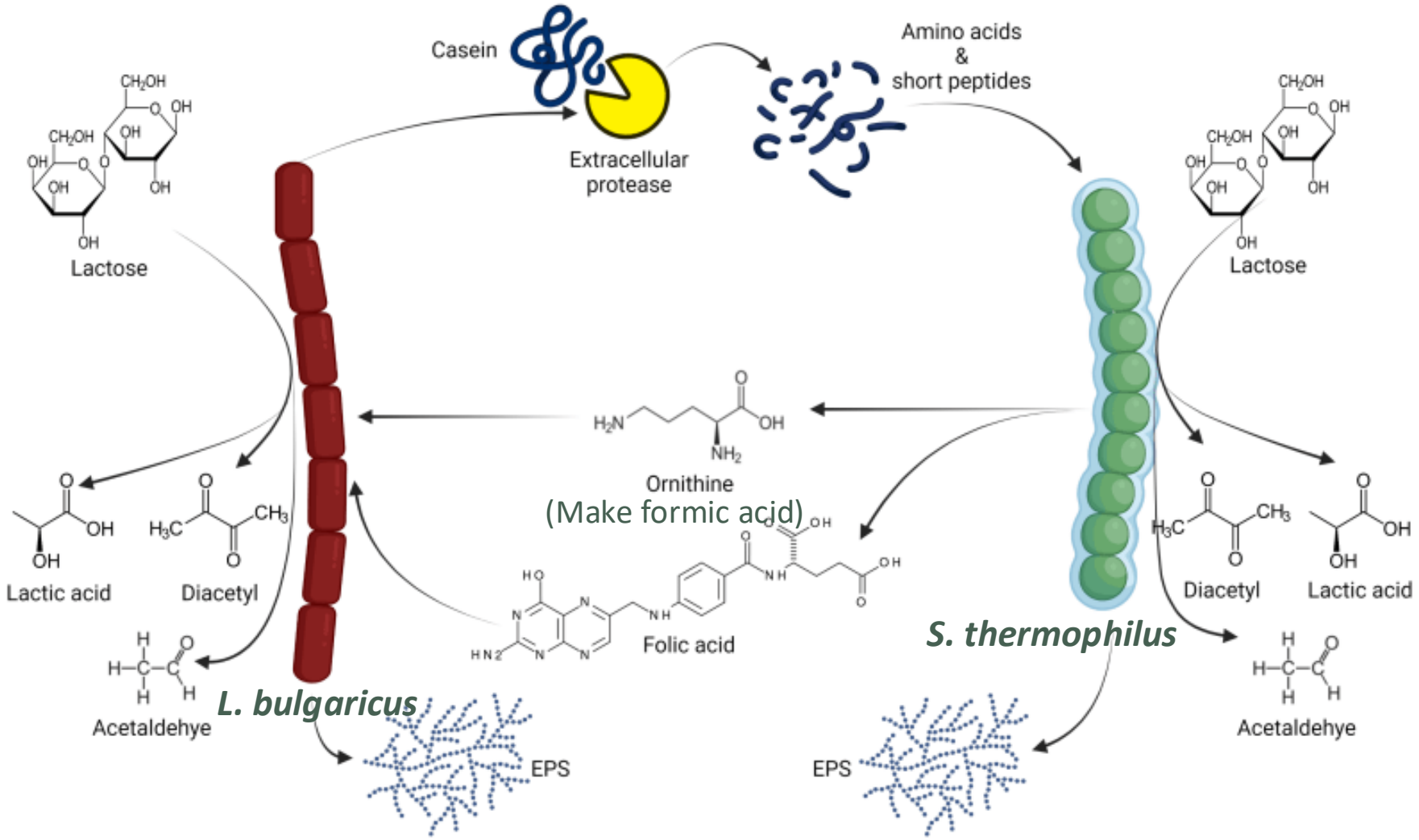
L.delbrueckii subsp. *bulgaricus*



S.thermophilus

https://genome.jgi.doe.gov/portal/lacde/lacde.home.html
https://genome.jgi.doe.gov/portal/strth/strth.home.html
21 CFR 131.200 (2023).

“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)



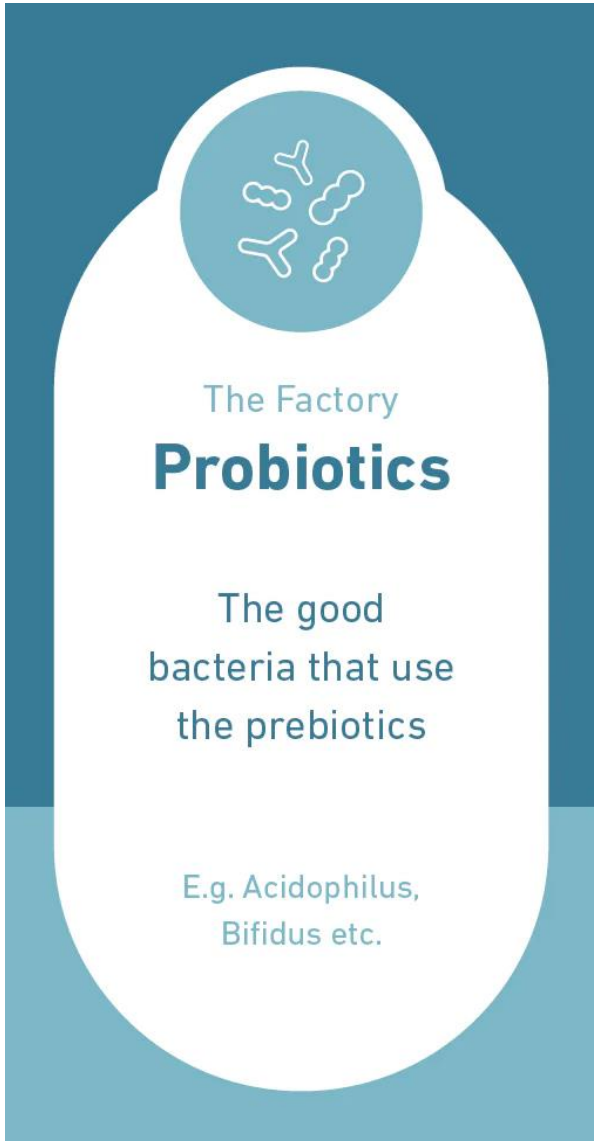
https://suigenerisbrewing.com/index.php/2021/07/12/microbiology-of-yogurt/

“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)

FAO/WHO: Probiotics are “live microorganisms that, when administered in adequate amounts, confer a health benefit to the host”

Probiotics enhance digestion,
metabolic health,
and immunity

Help break down and absorb nutrients and produce other nutrients as byproducts



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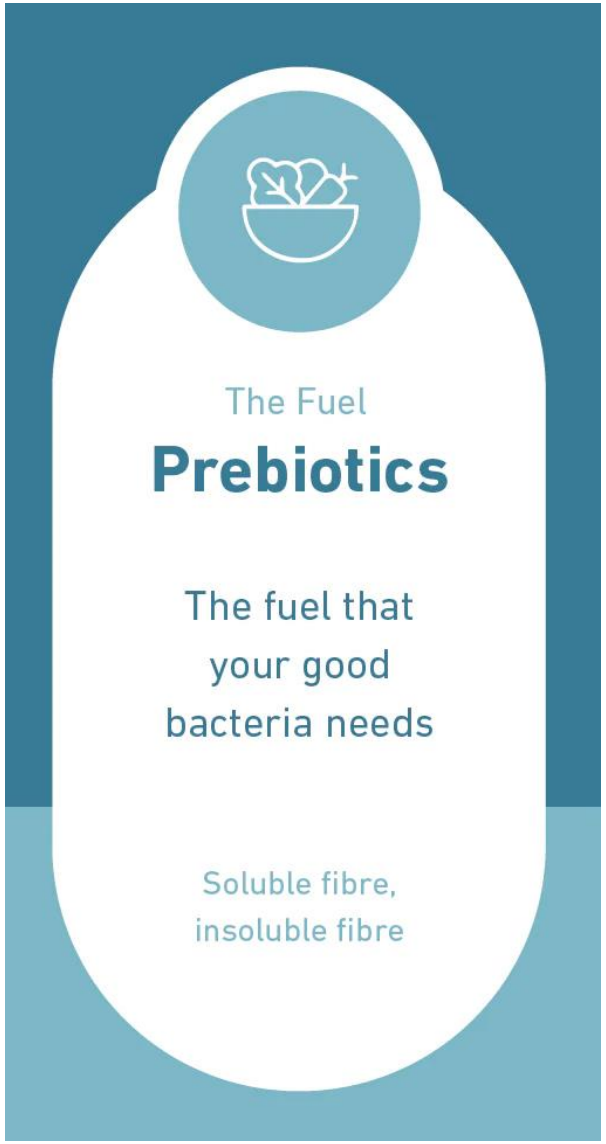
“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)

Fiber: Plant material that is undigested or absorbed by the body

International Scientific Association for Probiotics and Prebiotics (ISAPP): Prebiotic is “a substrate that is selectively utilized by host microorganism conferring a health benefit”

Prebiotics are a type of fiber, but not all fibers are prebiotic!



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“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)

Fiber gap: Average American eats
15g of fiber a day

Recommendations for
Men: 38g under 50, 30g over 50
Women: 25g under 50, 21g over 50

GLP-1s bind waste and slow digestion, so important for users to increase fiber intake

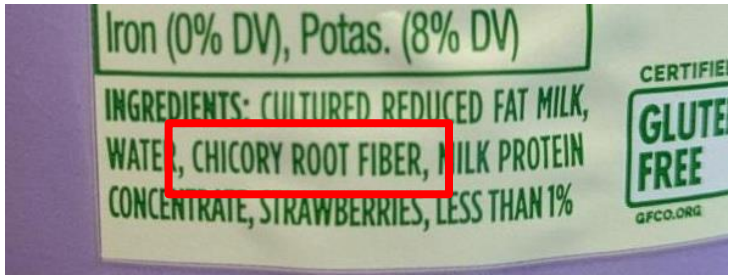
Meredith Bonde. “Filling the Fiber Gap.” *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 1 May 2023, communityhealth.mayoclinic.org/featured-stories/fiber.

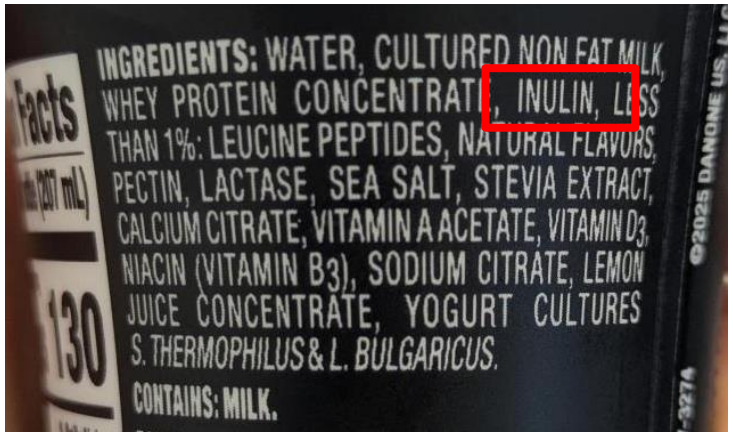
“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)

Cultured dairy does not have a lot of fiber – but you can add fiber

Eg: inulin, fructans, galacto-oligosaccharides (GOS)

Be careful not to overdo it!
Too much fiber at once leads to discomfort





Meredith Bonde. “Filling the Fiber Gap.” *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 1 May 2023, communityhealth.mayoclinic.org/featured-stories/fiber.
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“GUT HEALTH HUB” (INNOVA) / “GO WITH YOUR GUT; GLP-1 FAVORS DAIRY” (SYNERGY)

Enzymes can convert lactose to prebiotic compounds known as GOS

Beta-galactosidase catalyzes enzymatic trans-galactolysis

Use GOS-producing enzymes in-situ to increase prebiotic fiber, reduce lactose and sugar

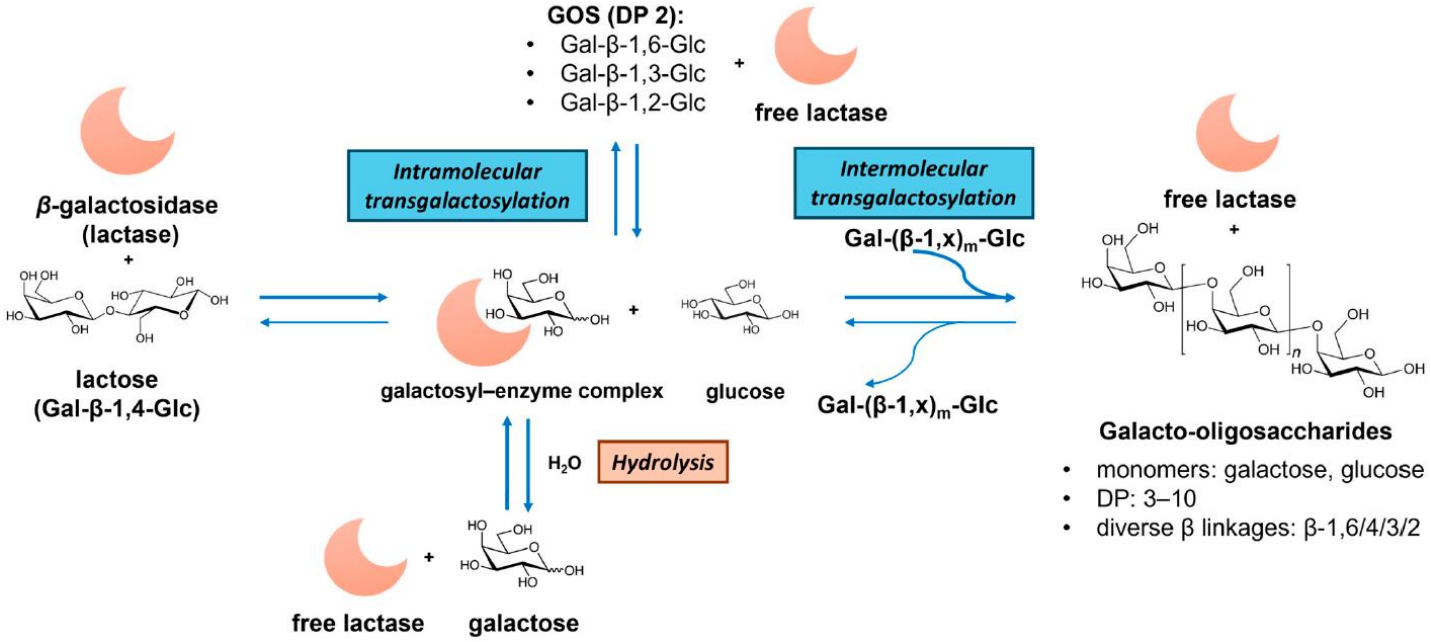

Figure 3. Illustration of the enzymatic production of galacto-oligosaccharides (GOSs) from lactose via hydrolysis and transgalactosylation reactions catalyzed by beta-galactosidase (lactase). Note DP – degree of polymerization

Cao, Teng, et al. “Continuous production of GALACTO-oligosaccharides by an enzyme membrane reactor utilizing free enzymes.” *Membranes*, vol. 10, no. 9, 27 Aug. 2020, p. 203, https://doi.org/10.3390/membranes10090203.
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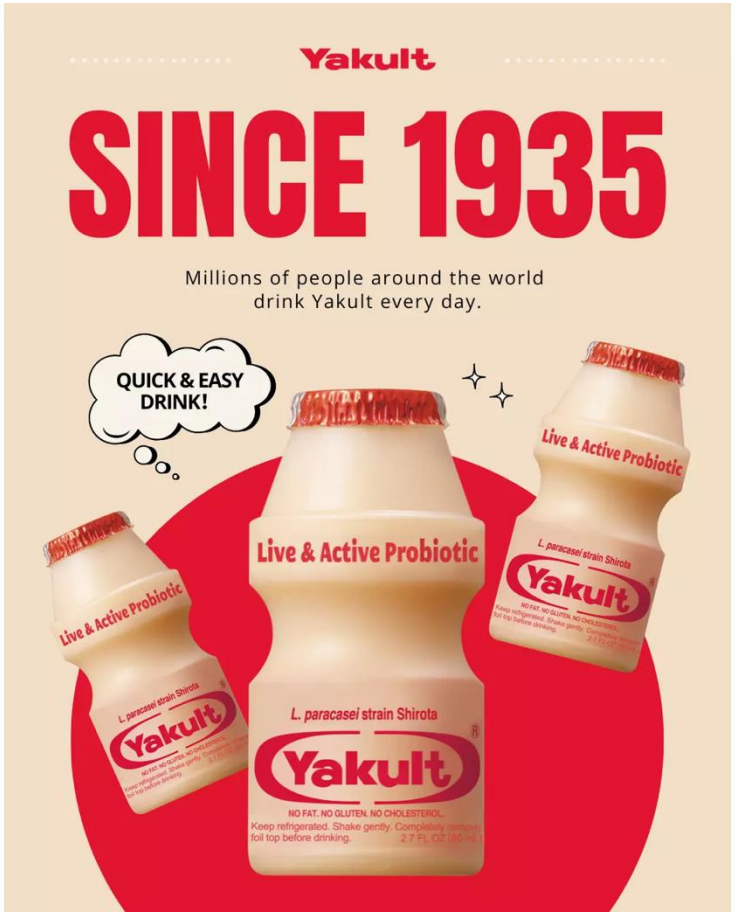
“LAYERS OF DELIGHT” (INNOVA) / “AFFORDABLE LUXURY” (SYNERGY)

https://www.lightandfit.com/light-yogurt/greek-yogurt/creme-brulee/
https://www.oikos.com/all-products/remix/product/salted-caramel/
https://www.lafermiere.us/yogurts
https://www.vermontcreamery.com/products/vanilla-creme-fraiche

“BEVERAGES WITH A PURPOSE; CRAFTING TRADITION” (INNOVA)



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https://www.heb.com/product-detail/yakult-non-fat-light-cultured-probiotic-drink-5-ct-bottles/1570229

“MADE FOR MOMENTS” (INNOVA); “SEASONAL & EXPERIMENTAL” (SYNERGY)

Everyday

Caramel Fudge Cottage Cheese Cookie Dough

PREP TIME: 20 Min(s) TOTAL TIME: 15 Min(s) SERVINGS: 12

SHARE: PRINT:

DESSERT

What you need:

- 1 cup BREAKSTONE'S Cottage Cheese
- 2 Tbsp. maple syrup
- 1 tsp. caramel flavoring
- 1-1/4 cups almond flour
- 1/4 cup vanilla protein powder
- 2 tsp. chocolate fudge sauce
- 2 tsp. dulce de leche sauce

Seasonal

https://www.activia.us.com/probiotic-products/probiotics/product/probiotic-mango-drink/
https://breakstones.com/recipe/caramel-fudge-cottage-cheese-cookie-dough/
https://www.instacart.com/products/24501806-two-good-good-save-pumpkin-low-fat-lower-sugar-gluten-free-greek-yogurt-5-3-oz
https://www.lightandfit.com/light-yogurt/greek-yogurt/birthday-cake/
https://www.oikos.com/all-products/fusion/
https://www.priceritemarketplace.com/sm/planning/rsid/127/product/yocrunch-vanilla-with-m&ms-milk-chocolate-candies-lowfat-yogurt-with-toppers-6-oz-id-00046675000792

“WORTH EVERY BITE” (INNOVA); “WHOLE & ORGANIC” (SYNERGY)

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https://delivery.publix.com/store/publix/products/71840-breakstone-s-small-curd-cottage-cheese-with-4-milkfat-24-oz
https://shop.foodtown.com/store/shop-n-bag/products/43069-daisy-sour-cream-light-16-oz

A GREAT TIME TO BE IN DAIRY!

https://www.budgetbytes.com/how-to-make-sour-cream/
https://cheesemaking.com/products/cottage-cheese-recipe
https://cookidoo.thermomix.com/recipes/recipe/en-US/r91190