

# Nutritional Quality and Presence of *Escherichia coli* in Selected Vended Sachet Yoghurts in Obio/Akpor, Rivers State, Nigeria.

## ABSTRACT

**Aims:**Sachet yoghurts as one of the ready-to-eat foods commonly available in the market mainly for pupils need to be microbiologically safe for consumption. The study was aimed at ascertaining the safety of retailed sachet yoghurt vended in Obio/Akpor in Rivers State, Nigeria.

**Study design:**This work is based on completely randomized design with two replications and the average values calculated.

**Place and Duration of Study:**Emmadavistic Laboratory, Osak's house, East-West Road, Port Harcourt, between June and November 2022.

**Methodology:**A total fifty (50) samples from 10 brands were examined for the presence of *Escherichia coli* (*E. coli*), their sensitivity to common antibiotics and possession of virulence gene using Eosin methylene blue agar. Mueller Hinton agar and virulent gene primer.

**Results:**The results of the total heterotrophic plate count revealed range of  $4.8 \times 10^5$  to  $1.47 \times 10^6$  cfu/ml. The count of *E. coli* ranged from  $4.4$  to  $7.5 \times 10^2$  cfu/ml from Sweet Manna and Fan Dango products, respectively. The results of mineral content revealed the presence of magnesium (202.1 – 314 mg/100g), calcium (117.81 to 176.31 mg/100g), potassium (30.14 to 48.62 mg/100g), phosphorus (8.62 to 12.91 mg/100g). The confirmed *E. coli* showed varying resistance to augmentin (70%), gentamicin (0%), cefuroxime (100%), cefixime (100%), ofloxacin (0%), nitrofurantoin (20%), ciprofloxacin (0%) and ceftazidime (100%). None of the confirmed *Escherichia coli* produced the expected bands of 106,248 and 254 base pair against *eeae*, *ast* and *aggR*, respectively.

**Conclusion:**The presence of antibiotics resistant *Escherichia coli* in two samples portends danger for the consumers and is indicative of poor water treatment.

*Keywords: Dairy products, Escherichia coli, mineral composition, sachet yoghurt*

## 1. INTRODUCTION

Yoghurt is an end product of a controlled fermentation of high solids, whole, skimmed or fortified milk by a symbiotic mixture of lactic acid bacteria, *Streptococcus thermophilus* and *Lactobacillus delbrueckii* subsp. bulgaricus usually in the ratio of 1:1 [1, 2, 3]. Milk is a well-known natural habitat for lactic acid bacteria (LAB), hence the LAB present in milk fermentation is known to be either spontaneous starter cultures or introduced certified strains [4]. The two genera play essential roles in production of yoghurt from milk product through acidification and synthesis of aromatic compounds, hence lactose intolerant individuals can tolerate yoghurt much easier than full milk since the LAB have improved lactose digestion, eliminating intolerance symptoms [5, 6]. The lactic acid fermentation of milk is also a means of prolonging the shelf life of the nutrients in milk [7, 8]. *Bifidobacterium bifidum* and *Lactobacillus acidophilus* are also frequently employed to provide the unique characteristics of the final products [9].

Yoghurt is one of the commonly available fermented milk products currently in the market and has been consumed since the beginning of civilization [10]. With a mild acidic flavour, custard texture, high nutritive value, organoleptic and probiotic qualities yoghurt is the most, commonly relished foods among children and adults alike throughout the history of mankind [11, 12]. Yogurts are regarded as ready-to-drink foods widely consumed to quench thirst; for vitality and for health globally being an excellent source of vitamins, minerals, and calcium necessary for healthy teeth, bones, and immune system [13, 14, 15].

It is a balanced food which contains virtually almost all the nutrients present in milk and in more absorbable form. There is also the wide range of flavors spicing it up [8, 16]. Overall, yogurt quality can be impacted by changing the process parameters, adding ingredients, and using different starting cultures [17].

Consuming commercial yoghurt has also been shown to increase immune system function [15], reduce the risk of overweight or obesity and metabolic syndrome [18, 19], improve gut microbiota and gut function [20], and improve lipid profile [21]. Given that yoghurt has many health benefits, a number of companies have ventured into the yoghurt production market. However, in most of these businesses, the environmental conditions involved in the production, storage, and distribution of many yoghurts are not strictly monitored, which negatively impacts the microbial and sensory qualities of the product [22].

Yoghurt is not expected to contain other microorganisms beyond certain tolerable limits, besides the starter or fermenting organism [23] but being a product of fermented milk from fresh milk can be easily contaminated. According to Oyeleke [8], fungi (molds and yeast) is the dominant microbial contaminants detected in commercially produced yoghurt in Nigeria. As a result of these microorganisms using up some of the acid in the yoghurt, the acidity of the yoghurt decreases, which may encourage the growth of putrefactive bacteria [24]. A number of authors have isolated *Bacillus* spp., *Streptococcus thermophilus*, *Lactobacillus bulgaricus*, *Listeria* spp., *Serratia* spp., *Staphylococcus* spp., *Pseudomonas* spp., *Klebsiella* spp., *Proteus* spp., *Escherichia coli*, *Aspergillus* spp., *Candida* spp., *Saccharomyces* spp., and *Mucor* spp. from vended yoghurt [14, 22, 24, 25, 26, 27]. Microbiological parameters especially, general coliforms, *Escherichia coli* and *Enterococcus* bacteria counts are commonly used to ascertain these conditions [28]. In view of the above background this study attempts to assess nutritional quality and presence of *E. coli* in selected vended sachet yoghurt in Obio/Akpor, Rivers State.

## **2. MATERIAL AND METHODS**

### **2.1 Source of the samples**

A total of 50 sachets yoghurt, comprising 5 each of ten different products labelled A-J samples were randomly procured from different vendors in Choba, RumuagholuOzuobaRumuokoro, Rukpokwu in Obio/Akpor Local Government Area, Rivers State and were brought to Microbiology Laboratory in ice packed cooler for analysis. One of the yoghurts examined was not registered by National Agency for Food Drug Administration and Control (NAFDAC).

### **2.2 Mineral composition content of yoghurt**

The techniques described by Lawal and Adedeji [29] was employed in determining the presence of mineral elements such as magnesium (Mg), calcium (Ca), potassium (K), and phosphorus (P) in the yoghurt samples. Each sample was burned for 3 hours at 550°C in a muffle furnace, yielding two milliliters (2 ml) of white ash. The ash was then allowed to cool and washed into a 250 mL beaker filled with deionized water. This was dissolved with a drop of HCL, and filtered using Whatman No. 1 filter paper. De-ionized water was added to bring the amount to 100 ml. The components of the minerals were ascertained through the use of the Buck Scientific Atomic Absorption Spectrophotometer (Buck 205) spectrometry method. Samples were extracted, and for each extraction, the mean signal response was recorded.

### **2.3 Isolation of bacteria**

For the purpose of isolation, dilutions were made up to  $10^{-6}$  for all the collected samples. 0.1 ml of  $10^{-1}$  and  $10^{-3}$  dilution was inoculated NA, Eocene methylene blue agar. The colonies were isolated and sub-cultured onto appropriate media for identification purpose.

### **2.4 Enumeration of total heterotrophic bacteria and *E. coli***

Ten millilitres (10ml) of each yoghurt sample were homogenized in 90ml of sterile distilled water and this one was used as stock solution for serial dilution. Then dilutions were made up to  $10^{-6}$  from the stock solution using dilution method as used by Taiwo et al. [26]. Aliquot (0.1 ml) of each dilution was seeded on Nutrient agar (NA) and Eosin methylene blue agar using pour plate method following which the plates were incubated at  $29\pm 2^{\circ}\text{C}$  and  $43.5^{\circ}\text{C}$  for 24 h. Total colonies on the surface of the plates were counted and expressed as colony forming unit per millilitre (cfu/ml) of the yoghurt sample. Discrete colonies were purified on freshly prepared NA and stored on NA slants pending confirmation.

### **2.5 Confirmation of *E. coli***

Characteristic discrete colonies displaying green metallic sheen on the Eosin methylene blue agar were confirmed on the basis of their physiological (Gram's staining) and biochemical characteristics involving indole, citrate, methyl-red, Vague Proskauer test [30, 31].

### **2.6 Molecular analysis**

#### **2.6.1 Deoxyribonucleic acid (DNA) extraction**

Deoxyribonucleic acid was extracted using the boiling method as described by Hitchins et al. [32]. Cells were harvested by centrifuging overnight pure culture of *E. coli* isolates in 2 ml Eppendorf tubes for 2 min at 10,000 rpm. The supernatants were discarded. Pellets were resuspended in 100  $\mu\text{l}$  of sterile distilled water, boiled for 10 min, after which it was centrifuge at 10000 rpm. Supernatants were then transferred to fresh Eppendorf tubes and stored at  $-20^{\circ}\text{C}$  until further analysis.

#### **2.6.2 Determination of virulent genes of *E. coli***

Oligonucleotide primers for *aggR*, *eae* and *ast* virulence genes described by Bisi-Johnson et al. [33] was employed (Table 1). Polymerase chain reaction (PCR) was conducted in thermocycler (Mastercycle-Eppendorf, Vapour Product, Germany) in a volume of 25  $\mu\text{l}$  10xPCR buffer, 25 nM  $\text{MgCl}_2$ , 2.5 DNTPs each of appropriate 0.1 primer, 0.1 $\mu\text{l}$  Taq polymerase, 10  $\mu\text{l}$  of appropriate DNA preparation and 13.4  $\mu\text{l}$  sterile distilled water. Amplification following an initial denaturation at  $94^{\circ}\text{C}$  for 5 min was performed in 35 cycles at

94°C for 15s, 55°C for 20 s and 72°C for 30 s. A final extension was done for 7 min at 72°C. An 8 µl aliquot of the PCR product mixed with a loading dye (10mM, EDTA, 10% glycerol, 0.015% bromo phenol dye and 0.017% SDS, made up to 100 ml) were checked using Portable Gel hood built in Blue LED (470 nm) by Royal Biotech/Biolympics, 1.5% agarose gel at a constant voltage and 1X TBE for approximately 1 h. They were visualized by Ethidium bromide staining and photographed under ultraviolet light. The ladder used is 1kb base pair ladder from thermo scientific.

Table 1. Primers sequences described by Bisi-Johnson et al. [33].

Target gene	Primer Nucleotide Sequence (5'- 3')	Amplicon size (bp)
<i>aggR</i>	F 5' GTATACACAAAAGAAGGAAGC 3'	256bp
	R 5' ACAGAATCGTCAGCATCAGC 3'	
<i>eae</i>	F 5' ATGCTTAGTGCTGGTTTAGG 3'	248bp
	R 5' GCCTTCATCATTTTCGCTTTC 3'	
<i>ast</i>	F 5' GCCATCAACACAGTATATCC 3'	106bp
	R 5' GAGTGACGGCTTTGTAGTCC 3'	

## 2. 7 Antibiotic sensitivity testing of *E. coli* obtained from the yoghurt samples

Isolates from the yogurt samples were tested for sensitivity against standard conventional antibiotic discs that is made up of cefuroxime (CRX) 30µg, gentamicin (GEN) 10µg, cefixime (CXM) 5µg, ofloxacin (OFL) 5µg, augmentin (AUG) 30µg, nitrofurantoin (NIT) 200µg, ciprofloxacin (CPR) 5µg, and ceftazidime (CAZ) 30µg. From an overnight culture *E. coli*, 0.5 MacFarland turbidity standard bacterial culture was prepared in sterile saline, from which 0.1 ml was inoculated onto Mueller Hinton agar. Thereafter, antibiotic discs were carefully and aseptically placed on the surface of the agar. The plates were incubated at 37°C for 24 h. Zone of inhibition was measured in millimeter [34, 35].

## 3. RESULTS AND DISCUSSION

### 3.1 Mineral composition

As a dairy product that is both highly nutritious and readily digested, yoghurt is an excellent source of over ten key elements, including specific minerals and vitamins [36]. The results of the mineral composition of composite samples are presented in Table 2. It reveals the predominance of calcium with values ranging from 117.81 to 176.31 mg/100g, followed by potassium (30.14 to 48.62 mg/100g), then magnesium (20.21 to 31.36 mg/100g) and lastly phosphorus (8.62 to 12.91 mg/100g). The findings of this study are not consistent with the report of a higher values (ranges) of potassium compared to calcium by Kang et al. [17] of values ranging from 123.01±2.59 to 157.23±0.95mg/100g and 121.42±4.29 to 148.39±10.3mg/100g, respectively in commercial drinking yoghurt in Korea, and The Dairy Council [37] who reported ranges of 130 to 280mg/100g and 100 to 200mg/100g, respectively from varieties of yoghurt. The values reported by Ibhaze et al. [38] in artificial and naturally flavoured yoghurt in Akure, Ondo State revealed very low ranges for calcium (1.77±0.09 to 2.40±0.01mg/100g), magnesium (0.01±0.05 to 1.20±0.07 mg/100g) and phosphorus (0.21±0.01 to 0.37±0.01mg/100g) compared to the values obtained in this present study. The phosphorus values ranging from 84.45±3.71 to 112.28±0.39mg/100g and 81 to 170mg/100g reported by Kang et al. [17] and The Dairy Council [37] in yoghurt

samples where higher than the values obtained in this study. These variation in values may not be unconnected with the types of milk used (whole, semi-skimmed, or skimmed), the species from which the milk is obtained (bovine, goat, or sheep), the type of milk solids, solid non-fat, sweeteners, and fruits added prior to fermentation, as well as the duration of the fermentation process [36].

Table 2. Mineral composition of composite yoghurt samples (mg/100g)

Sample Code	Ca	Mg	K	P
A	117.81	21.89	37.09	9.85
B	141.21	20.21	30.14	11.23
C	163.49	23.48	41.72	12.73
D	152.25	22.24	30.62	11.82
E	152.02	28.88	34.26	11.87
F	128.52	31.42	46.89	9.88
G	176.31	31.36	48.62	8.62
H	146.25	21.97	38.06	9.99
I	151.22	30.42	31.15	12.46
J	162.48	23.24	35.63	12.91

### 3.2 Total heterotrophic bacteria and *E. coli* count

The heterotrophic bacteria count result is presented in Table 3. The values ranged from  $4.8 \times 10^5$  to  $1.47 \times 10^6$  cfu/ml (5.68 to  $6.17 \log_{10}$  cfu/ml) for samples E and I respectively. Samples D, J, C and A had similar higher counts of 8.3, 7.9, 7.8 and  $7.4 \times 10^5$  cfu/ml, respectively. Samples E, F and G however, showed counts of 4.8 and  $6.9 \times 10^5$  cfu/ml respectively. The values reported by previous authors are as varied as the authors and locations with counts generally ranging from 0 to  $6.0 \times 10^9$  cfu/ml, thereby accommodating the values obtained in this study [22, 24, 25, 26, 39, 40, 41, 42]. *Escherichia coli* was detected only in two samples (A and I) with values of 4.4 and  $7.5 \times 10^2$  cfu/ml, respectively. *Escherichia coli* is a frequent inhabitant of the intestine of animals and human and an indicator of the presence of other enteric pathogens in raw milk constituting public health hazard to consumers [43, 44]. It may be possible that the disposal of waste and type of water within the environment may have contributed to the contamination of the vended yoghurts [45].

Table 3. The total heterotrophic bacteria count

Sample code	Dilution	Mean count	Colony forming unit/millilitre (cfu/ml)	Log cfu/ml
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A	$10^{-3}$	74	$7.4 \times 10^5$	5.86
B	$10^{-3}$	86	$8.6 \times 10^5$	5.93
C	$10^{-3}$	78	$7.8 \times 10^5$	5.87
D	$10^{-3}$	83	$8.3 \times 10^5$	5.92
E	$10^{-3}$	48	$4.8 \times 10^5$	5.68
F	$10^{-3}$	59	$5.9 \times 10^5$	5.73
G	$10^{-3}$	69	$6.9 \times 10^5$	5.83
H	$10^{-3}$	76	$7.6 \times 10^5$	5.88
I	$10^{-3}$	147	$1.47 \times 10^5$	6.17
J	$10^{-3}$	73	$7.3 \times 10^5$	5.89

Previous authors have reported the non-detection of *E. coli* in yoghurt samples examined in Nsukka metropolis, Enugu State [39]; a range of 0 to  $4.4 \times 10^3$  cfu/ml in samples examined in Keffi, Nasarawa State [40] and in 34.00% of samples examined in Kano Metropolis, Kano State, in Nigeria. According to Tamine and Robison [28], microbiological parameters especially, general coliforms, *Escherichia coli* and *Enterococcus* bacteria counts are commonly used to ascertain the safety conditions of yoghurts. Consequently, majority of the examined ready-to-drink yoghurt are fit for human consumption notwithstanding the total heterotrophic bacteria count since the survival of probiotic bacteria are an essential factor for yoghurt. Moreso, Kang et al. [17] have reported a range of 6.12 to 8.13  $\log_{10}$ cfu/ml and 4.54 to 7.93  $\log_{10}$ cfu/ml of *Lactobacillus* and *Bifidobacterium*, respectively in yoghurt samples. This agrees with the suggestion that a probiotic product should contain at least  $10^6$ cfu/mL at the expiry date [46, 47].

### 3.3 Presence of virulence genes

The confirmed *E. coli* did not produce the expected bands of 106, 248 and 256 base pair (bp) for the *ast*, *eae* and *aggR* virulence genes. A number of authors have employed several virulence genes primers among them is *eae* for *E. coli* isolated from milk and fermented milk products, including yoghurt. Madani et al. [48] have also reported the non-detection of *eaeA* in *E. coli* isolated from milk and dairy products in Isfahan, Iran. Other authors, Dehkordi et al. [49], Elafify et al. [50] and Elzhrara et al. [51] have reported 36, 38 and 100%, respective occurrence of *eaeA* in *E. coli* strains from milk and dairy or heat-treated dairy products. According to Madani et al. [48] the virulence genes were more predominantly found in raw milk compared to dairy products. Enteropathogenic *E. coli* (EPEC) strains are a prevalent source of potentially deadly diarrhea in newborns, and contains the *eaeA* and *bfpA*. [52, 53]. The enterohaemorrhagic *E. coli* (EHEC) strains are also known to harbour all *stx1*, *eae* and *ehly* virulence genes [54]. Typical EPEC (tEPEC) isolates have both *bfpA* and *eaeA*, whereas isolates with negative *bfpA* are categorized as atypical EPEC (aEPEC) [53].

### 3. 4 Antibiotic sensitivity of confirmed *E. coli* isolated from the yoghurt samples.

The results of the percentage resistance of the confirmed *E. coli* against commonly used antibiotics is presented in Table 4. All the isolates were resistant to cefuroxime, cefixime and ceftazidime but were all sensitive to gentamicin, ofloxacin and ciprofloxacin. The level of resistance for *E. coli* in the present study with gentamicin, ofloxacin and ciprofloxacin is consistent with reports of 0% resistance of *E. coli* or *E. coli* 0157H7 isolated from yoghurt or foods of bovine origin, including yoghurt in Nigerian, Ethiopia and Burkina Faso [44, 55, 56, 57]. Okwelle and Oha [58] however, reported a 5.1 and 10.1% resistant against ciprofloxacin and gentamycin of *E. coli* from branded yoghurt drink sold in Rumuolumeni, Rivers State, Nigeria. The 80% *E. coli* resistance against augmentin by Robinson et al. [56] in yoghurt drink sold in Port Harcourt metropolis is comparable to 70% obtained in this study.

Table 4: Percentage antibiotics resistant pattern of confirmed *E. coli*.

Organism	Number	Antibiotics							
		CRX	GEN	CXM	OFL	AUG	NIT	CPR	CAZ
<i>E. coli</i>	10	10 (100%)	0 (0%)	10 (100%)	0 (0%)	7 (70%)	2 (20%)	0 (0%)	10 (100%)

AUG= Augmentin, NIT= Nitrofurantoin, CPR= Ciprofloxacin, CAZ= Ceftazidime, GEN= Gentamicin, CXM= Cefixime, OFL= Ofloxacin and CRX= Cefuroxime

#### 4. CONCLUSION

This study has provided an insight on the mineral content and safety of sachet yoghurt sold in the selected communities. They contain essential mineral for healthy living. The presence of *E. coli* in two of the sachet yoghurt samples indicates that some are not fit for consumption since *E. coli* is an indicator organism for the presence of especially intestinal organisms and pathogens. Notwithstanding the non-detection of the presence of virulence genes, their resistance to the selected antibiotics portends danger for the consumers and is indicative of poor water treatment.

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