

## The effect of fermented sour milk consumption on the health conditions and the recovery from diarrhea of elementary school pupils

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### Abstrak

*Calpico is a drink made of fermented sour milk cultured with lactic acid bacteria (Lactobacillus helveticus). Calpico drink contains 1010 cells of lactic acid bacteria for one cup serve, although it is not alive. The purpose of this study is to investigate a possible effect of Calpico ingestion on prevention or recovery from diarrhea. The pupils of the 4th grade of two elementary schools were subjected. Pupils were requested to answer the questionnaire about social and health conditions of their own. After measuring body weight, pupils for Calpico group were given 200 ml of one-fifth diluted Calpico every morning at 9 AM. Pupils of control group were given nothing. More over half of pupils who drunk Calpico for one month increased one to two kg of their body weight after test period. The frequency of diarrhea of Calpico group was markedly decreased. It was shown in Jakarta that Calpico ingestion had a dramatically effect on recovery from diarrhea and improvement of health condition noted by the increase of body weight of the pupils.*