

# yogurt

**Yoghurt** is made by culturing milk with specialised bacterial strains resulting in the lactose (milk sugar) turning into lactic acid which causes the milk to become tart and to thicken. This culturing process allows yogurt to be more easily digested than milk and makes its nutrients more available.

Yogurt is considered to be a 'probiotic', which literally means 'for life'. Probiotic food contains live bacterial cultures; or 'good bugs', which promote health beyond basic nutrition. Research indicates that the consumption of healthy bacteria delivers a number of biological benefits.

The healthy bacteria in yogurt can help improve digestion, fight infection by boosting immune function, help manufacture nutrients in the intestinal tract and remedy diarrhoea and colon disorders.

Consuming probiotic foods can help colonize the colon with good bacteria, and reduce the number of unfriendly toxic microbes that can cause havoc in the digestive tract.

Beware however, that the journey through the stomach may destroy much of the live bacteria in your yogurt, so there may be times, such as after a bout of antibiotic, thrush, diarrhoea, bloating or constipation, when acidophilus bifidus in capsule form will be more beneficial.

Yogurt can be included in your daily food to help improve the body's microbial balance. Even people with lactose sensitivities can usually consume yogurt without experiencing problems because the lactose has been broken down, or 'pre-digested'.

Purchase yogurt that advertises 'live' and 'active cultures' on the label. Keep in mind that quality yogurt will be tart, as this is a sign of high probiotic content.

As stipulated on your Quick Loss Program, ensure that you only purchase natural or plain yogurt. Flavoured and fruit yogurts may have much less probiotic activity and will also compromise your results on the Quick Loss Program.

**TIP:** If you don't like the taste of natural yogurt, add some fruit and natural sweetener such as Stevia.

Reference:

[http://www.pdrhealth.com/drug\\_info/nmdrugprofiles/nutsupdrugs/yog\\_307.shtml](http://www.pdrhealth.com/drug_info/nmdrugprofiles/nutsupdrugs/yog_307.shtml)

[http://www.health24.co.za/dietfood/You\\_are\\_what\\_you\\_eat/15-49-741,14445.asp](http://www.health24.co.za/dietfood/You_are_what_you_eat/15-49-741,14445.asp)

<http://www.diaryspot.com/health/professional/resources/index.phtml>

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