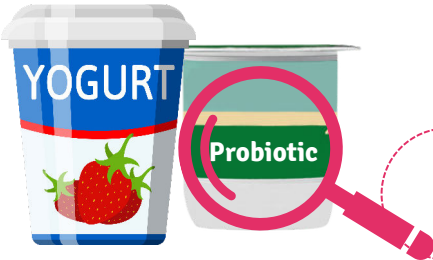


What is Probiotic Yogurt?

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& What are its Benefits?

There are many types of yogurts, with each having different nutritional benefits. One of them is probiotic yogurt - a gut-friendly food to include in your diet.



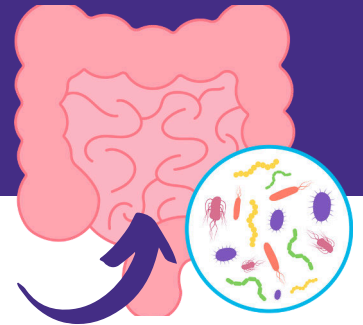
While yogurt typically contains live bacteria, not all yogurts provide bacteria that are considered probiotics.

It will be clearly indicated on the label of the yogurt if it contains probiotics.

What are Probiotics?

Probiotics are specific bacterial strains that provide a specific health benefit when taken in adequate amounts.

Yogurt is a fermented food that contains live microbes, which helps **increase the diversity of the gut microbiota.**



Integrating yogurt in our daily diet can help us improve our nutritional intake.¹

Dairy yogurt naturally contains several key nutrients that play important roles in our health, including:

Calcium Vitamin B12 Potassium Phosphorus Riboflavin Selenium

The consumption of yogurt has been linked to reduced weight gain and a lower risk of type 2 diabetes.²



Yogurt can help digest lactose.

Compared to milk, yogurt is typically well tolerated by people with lactose intolerance.

There is a reduced level of lactose in yogurt.

Yogurt's semi-solid state benefits lactose digestion by slowing transit through the gut.



Eating probiotic yogurt is an enjoyable way of having probiotics as part of a balanced lifestyle & healthy diet.

Avoid heating or cooking probiotic yogurt as it kills probiotic bacteria!



References:

1. Vatanparast et al. Consumption of yogurt in Canada and its contribution to nutrient intake and diet quality among Canadian adults. *Nutrients* 2019;11:1203.
2. Savaiano et al. Yogurt, cultured fermented milk, and health: as systematic review. *Nutr Rev* 2021;79:599-614.

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