

# A Look at the Nutrition of Yogurt



## Varieties of Yogurt

- Low fat yogurt
- Non-fat yogurt
- Greek yogurt
- Lactose-free yogurt
- Kefir

## Kefir

Research points to yogurt's health benefits beyond nutrition. Active cultures in yogurt may boost immunity and help digestion. Kefir, a fermented beverage with a smoothie-like texture and tart flavor, contains such cultures.

## Nutritional Profiles of Yogurt Varieties

	YOGURT			GREEK YOGURT		KEFIR
	WHOLE MILK Plain	LOW FAT Plain	NON-FAT Plain	LOW FAT Plain	NON-FAT Plain	WHOLE MILK Plain
Per 1 cup (8oz)						
Calories	150	155	137	167	136	150
Fat	8g	4g	.4g	4.5g	.9g	8g
Protein	8.5g	11g	14g	23g	23g	8-11g
Calcium	296mg	448mg	488mg	263mg	253mg	300mg

With so many yogurt varieties available, health benefits and nutrient content can vary. Make sure to check the product label for specific nutrients and cultures contained.

## Yogurt Provides Protein, Calcium, Vitamins, and Minerals

Nutrients in yogurt	BENEFITS
Calcium	Builds and maintains strong bones and teeth
Protein	Builds and repairs muscle tissue
Phosphorus	Builds and maintains strong bones and teeth
Pantothenic Acid	Converts food into energy
Vitamin B-12	Helps with normal blood function; maintains the central nervous system
Riboflavin	Converts food into energy
Zinc	Maintains a healthy immune system

### Greek Yogurt

The nutritional content of yogurt is similar to the milk from which it is made. However, Greek yogurt can have up to twice as much protein per volume as other yogurts due to the straining process. It also contains less lactose.



### Active Cultures

Probiotics are live microorganisms that have been **linked to health benefits when used in adequate amounts in foods like yogurt.**

Yogurt with active cultures can aid digestion, boost immunity, fight infection, and protect against cancer. Additionally, live and active cultures produce lactase during fermentation, which breaks down lactose, allowing people with lactose intolerance to enjoy yogurt.

The specific benefits depend on the strain and viability of the culture in the yogurt.