



Fermented Dairy for Health

Many fermented dairy products are a good source of *probiotics* for good health. *Probiotics* are friendly bacteria in our digestive tract.

Potential Health Benefits

- Improve lactose intolerance
- Maintain a healthy digestive tract
- Strengthen the immune system

Other potential health benefits that need more research

- Cancer
- Allergies
- High cholesterol
- High blood pressure

Sources

- Yogurt
- Frozen Yogurt
- Yogurt Drinks
- Kefir
- Some Cottage Cheeses
- Cultured Soy Products
- Sweet Acidophilus® Milk



Foods

Foods are better choices for probiotics than supplements because they have components that may work together to give a bigger health effect than taking probiotics alone.

Fermented and cultured dairy and soy products are also a source of calcium, riboflavin, vitamin B12, potassium, protein and other nutrients.

These nutrients may be partly responsible for some of the health benefits of fermented foods.

Ways to Eat More Probiotics

Spiced Minty Yogurt Drink

(Adapted from “The Spice of Vegetarian Cooking,” by Martha Rose Shulman)

Serves 2



Ingredients:

1 cup yogurt or buttermilk
½ cup water
12 mint leaves
½ teaspoon cumin
8 ice cubes

Directions:

1. Blend together all ingredients except ice cubes in a blender until smooth.
2. Add ice cubes and continue to blend another 20 to 30 seconds. Pour into glasses and serve.

Nutrition Facts:

Made with plain, non-fat yogurt:
137 calories, 0 g fat, 14 g protein, 49% DV calcium

Made with low-fat buttermilk:
98 calories, 2 g fat, 8 g protein, 28% DV calcium

Made with flavored, non-fat, low-calorie yogurt:
105 calories, 0 g fat, 9 g protein, 32% DV calcium

Yogurt Spread

(Adapted from www.dannon.com)

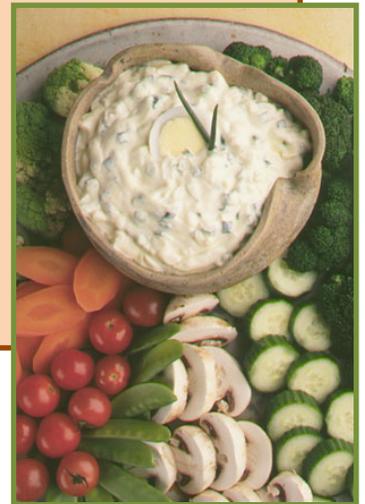
Ingredients:

1 cups plain, non-fat yogurt
¼ grated parmesan cheese
2 tablespoons sesame seeds
¼ teaspoon garlic salt

Directions:

1. Mix all ingredients together in a bowl.
2. Enjoy on whole grain crackers or toast, or use as a vegetable dip.

Nutrition Facts for
¼ of recipe:
87 calories, 4 g fat,
7 g protein,
24% DV calcium.



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