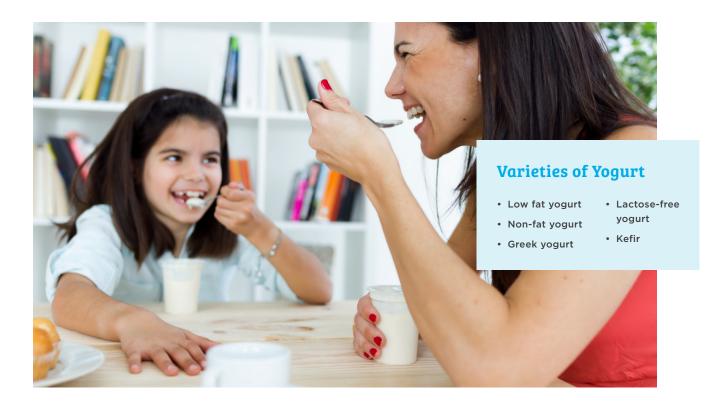
A Look at the Nutrition of Yogurt





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
Per 1 cup (8oz)	WHOLE MILK Plain	LOW FAT Plain	NON-FAT Plain		LOW FAT Plain	NON-FAT Plain	WHOLE MILK Plain
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 CONTRACTOR OF THE PROPERTY OF THE PRO		
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.