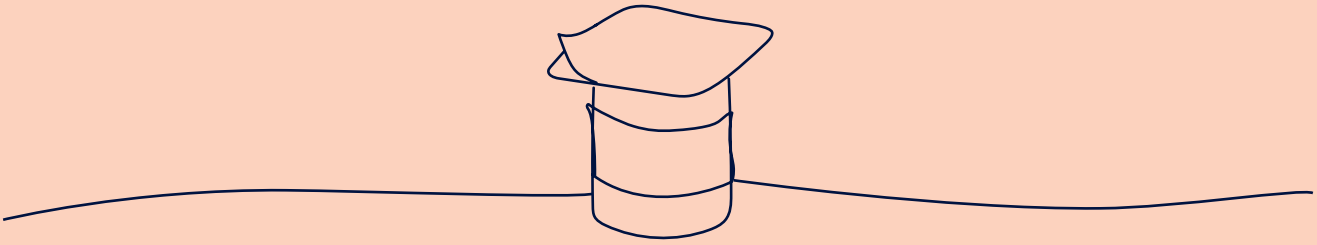
Dairy Australia

GOOD HEALTH AND NUTRITION

YOGHURT



Yoghurt is an ancient, traditional food that has been part of the human diet for thousands of years and is included in food-based dietary guidelines around the world. Due to its nutrient density and its role in promoting gut health, yoghurt is often labelled as a superfood. However, the 2011/2012 Australian Health survey revealed only 16 per cent of Australians consume yoghurt, accounting for less than 8% of total dairy intake. This highlights an opportunity for Australians to increase their intake of delicious, creamy yoghurt to ensure they are getting all the essential nutrients that dairy foods provide.

What's in yoghurt?

The word 'yoghurt' means 'curdled' or 'thickened milk' – which is what happens to milk during yoghurt production. Yoghurt is made when a bacteria starter culture (most commonly lactobacillus and Bifidobacterium) is added to pasteurised milk. Lactic acid is produced, which ferments and thickens the milk, creating the distinctive mouth-feel, acidity, taste and aroma of yoghurt. Some yoghurts may contain starch, cream, pectin or gelatin which is added during production in order to enhance the thickness and creaminess of the end product. For a dairy food to be labelled as yoghurt it must have a pH below 4.5, contain at least 106 cfu/g microorganisms and 3g/100g of protein.

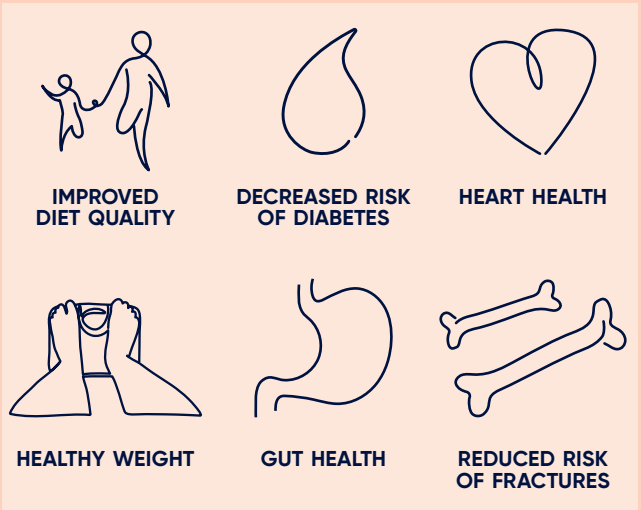
Types of yoghurt

There are a number of different yoghurts available in the Australian marketplace including Greek yoghurts, set yoghurts and stirred yoghurts. To offset its natural sourness, yoghurt can be flavoured with fruit purees, honey, sugar or other sweeteners.

Yoghurt and health

A recent study in Canada analysed the diets of over 20,000 consumers and found yoghurt consumers had better diet quality, with higher daily intakes of several key nutrients including carbohydrates, fibre, riboflavin, vitamin C, folate, potassium, magnesium and calcium.

Consumption of yoghurt is associated with:



Yoghurt and gut health

With ever growing interest in diet and gut health, yoghurt and other fermented foods are being studied to determine their role in improved gut health. There is lots of research still emerging, but studies have already shown that the survival rates of some strains of probiotics increase when yoghurt is consumed, as the casein and fat it contains may help protect the gut bacteria as they move through the digestive tract.

Yoghurt and lactose intolerance

The lactose in yoghurt is digested more efficiently than other dairy sources of lactose because the bacteria in yoghurt – lactase – assists with digestion. In studies using lactase-deficient individuals, all subjects were found to be free of symptoms after consuming varying amounts of either flavoured or unflavoured yoghurt.

What about flavoured yoghurt?

Flavoured yoghurt is just as nutritious as plain yoghurt; studies make no distinction between the health benefits of flavoured or plain yoghurt, but consistently show favourable associations between yoghurt and positive health outcomes.

The nutrient matrix of yoghurt is often overlooked, and flavoured yoghurt can be unnecessarily perceived as simply a carrier for added sugar, having a negative impact on diet quality. In fact the opposite has been demonstrated in a number of global studies where dairy foods such as flavoured yoghurt have improved diet quality.

Are you having enough dairy?

Having enough milk, cheese and yoghurt in your diet is important. Around 8 in 10 Australians fail to get their minimum recommended intake of the dairy food group. Yoghurt is a tasty and convenient way to include more dairy foods in your day.

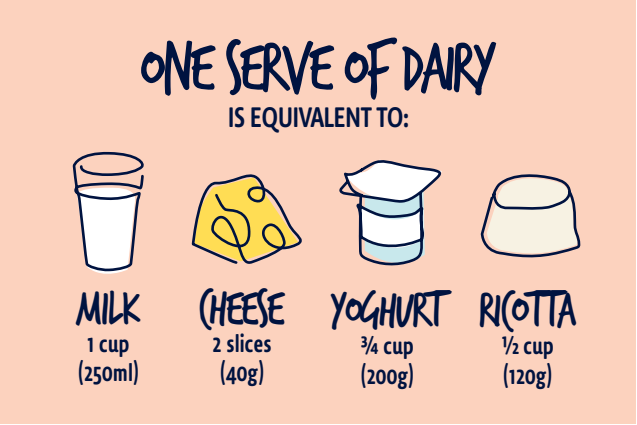
For tips and more information on yoghurt, visit **dairy.com.au/health**

The Australian Dietary Guidelines recommend a range of serves from the dairy food group every day, depending upon your age and gender – use the table below to see how much milk, cheese, yoghurt and/or alternatives is recommended for you.

Minimum recommended number of serves from the dairy food group

	Age (years)	No. of serves per day
Men	19–70	2 ½
	70+	3 ½
Women	19–50	2 ½
	50+	4
	Pregnant or breast feeding	2 ½
Boys	2–3	1 ½
	4–8	2
	9–11	2 ½
	12–18	3 ½
Girls	2–3	1 ½
	4–8	1 ½
	9–11	3
	12–18	3 ½

*Adapted from: 2013 Australian Dietary Guidelines. The dairy food group includes milk, cheese, yoghurt and/or alternatives.**



**Alternatives include: 250ml soy, rice or other cereal drink with at least 100mg of added calcium per 100ml.*

FAST FACTS ON YOGHURT

The concentrations of calcium, magnesium, potassium, phosphorus and zinc are higher in yoghurt compared to milk by nearly 50%

Yoghurt plays a role in weight management as a result of its high protein content which positively impacts satiety and muscle mass

Yoghurt only contributes 1.8% of total daily free sugar in the average Australian diet, compared to discretionary foods that contribute 81% of free sugar intake.

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