

# Nutritional Benefits of Yogurt

- I. **YOGURT CONTAINS THE GOOD KIND OF BACTERIA WHICH HELPS THE STOMACH. ALL YOGURT VARIETIES ARE MADE FROM TWO ACTIVE CULTURES:**
  - a. Lactobacillus bulgaricus
  - b. Streptococcus thermophilus
- II. **DURING FERMENTATION, THESE TWO BACTERIA CHANGE PASTEURIZED MILK INTO YOGURT**
- III. **SOME YOGURTS CONTAIN LACTOBACILLUS ACIDOPHILUS, BIFIDUS, AND OTHER NATURAL, GOOD CULTURES:**
  - a. These live cultures may help:
    - i. Ease lactose intolerance
    - ii. Reduce constipation
    - iii. Relieve diarrhea
    - iv. Reduce the risk of colon cancer
    - v. Sooth the symptoms of Inflammatory Bowel Syndrome (IBS)
    - vi. Prevent stomach ulcers by suppressing Helicobacter pylori (H. pylori) infection
- IV. **YOGURT ALSO CONTAINS MANY ESSENTIAL NUTRIENTS:**

<b>Nutrition Facts</b>	
Total Fat	4%
Sodium	5%
Potassium	11%
Total Carbohydrates	12g 4%
Sugars 12g (natural)	
Protein	16%
Riboflavin	30%
Magnesium	8%
Pantothenic Acid	2%
Zinc	8%
Thiamin (Vitamin B1)	6%
Vitamin B6	6%
Vitamin B12	20%
Vitamin C	4%
Calcium	30%
Phosphorus	25%

Nutrient amounts vary from brand to brand.



Milk. A part of everything  
that's good.