

Yogurt - July Beneficial Bites

- I. What is it?
 - A. Yogurt is a fermented dairy product made by adding bacterial cultures to the milk
 1. The bacteria feed off of the sugar in milk, lactose, and as the bacteria grow they produce lactic acid.
 2. This process gives the tart flavor and pudding like texture.
 3. Yes, you heard right, yogurt contains bacteria, but they are good bacteria. They help to inhibit the bad or harmful bacteria.
 - B. There are several types of yogurt.
 1. Plain yogurt
 - a. Unflavored and unsweetened
 - b. 6 oz container typically holds about 12 g of lactose sugar (naturally occurring)
 2. Flavored yogurt
 - a. Sugar, fruit, and flavoring added
 - b. 6 oz container typically holds about 26 g of total sugar, 12 g of natural sugar, and 14 g of added sugar
 - c. Light yogurt will typically have about 12-14 g of total sugar per 6 oz container to cut back on calories and sugar.
 3. Frozen yogurt
 - a. Yogurt version of soft ice cream

- b. Regular yogurt supplies considerably more calcium than frozen yogurt.
- c. The low temperature of frozen yogurt containing live and active cultures will slow the action of those live cultures.

II. History of Yogurt

A. People have been making and eating yogurt for at least 4,500 years

1. It is hard to say where it originated from, but most people say it was discovered by accident.
2. The first batches of yogurt were probably formed in bags of goat's milk by wild bacteria, while they were being carried around by nomadic people migrating to Europe, and some brave...or hungry soul tried the substance and thought "Hey, that's pretty good."

B. Even though the origin is hard to determine, the actual word "yoghurt" has a Turkish origin and means "dense" or "thick"

C. Since those times yogurt has been a staple in the diet of the Middle Eastern, Central European, and East Asian regions

D. In 1916 a Greek named Isaac Carasso, started a yogurt business in Barcelona and named it Danone after his young son.

1. He moved to the United States during World War II and Americanized his company to become Dannon.
 2. Soon after, fruit jam was added to extend the shelf life and this sweetened version of yogurt was introduced by Dannon in 1947.
- E. Credit for bringing yogurt to the United States was also given to Sarkis and Rose Colombosian, Armenian immigrants who launched Colombosian and Sons Creamery in Adover, Massachusetts in 1929. This company is now owned by General Mills.

III. Health Benefits of Yogurt

- A. Yogurt is rich in protein, calcium, riboflavin, vitamin B6, vitamin B12, iodine, phosphorus, tryptophan, zinc, potassium, molybdenum, and vitamin B5 (Pantothenic Acid)
- B. People who are moderately lactose intolerant can normally have yogurt in place of milk with no adverse effects. This is because lactose intolerant individuals lack an enzyme to break down the sugar, lactose, in milk. In yogurt, this sugar is being changed to lactic acid because of the bacteria, thus making it easier for lactose intolerant people to digest it.
- C. Yogurt has been shown to lower LDL cholesterol (bad cholesterol) and raise HDL cholesterol (good cholesterol)

- D. Yogurt can help you to lose weight and feel fuller.
Recent studies have shown that eating low fat calcium rich foods can help to lose weight, especially around the midsection.
- E. Yogurt helps to build bone and maintain bone strength to prevent osteoporosis
1. Contains both calcium and vitamin d, which help boost the growth and activity of the cells that build bone, and they also help your bones to remain strong
 2. 8 ounces of yogurt supplies the same amount of calcium as 8 ounces of milk giving around 300 milligrams.
 3. If you don't drink much milk, yogurt is a good alternative to get the calcium you need.
- F. Good for your digestive tract
1. Yogurt contains bacteria that your digestive tract needs to run properly.
 2. Without enough of the "good" bacteria in your system, food does not digest properly or go completely through your digestive tract.
 3. When this happens, bloating, gas, inflammation, and other more severe symptoms can occur.
- G. Can help protect against yeast infections
1. This is once again attributed to the good bacteria, which helps your body to fight against yeast infections.
 2. Thrush is caused by yeast growth.

3. Eating yogurt is often recommended when taking certain antibiotics in order to avoid yeast infections
- H. Yogurt helps to protect your teeth and gums. Studies have shown that foods with lactic acid are associated with better health in your mouth, along with brushing and flossing regularly. The calcium in yogurt also helps to prevent tooth decay.
- I. Eating a lot of natural, preferably unsweetened yogurt has been proven to help with one's complexion.

IV. Fun Facts

- A. Americans consume around 200 million pounds of yogurt a year
- B. Americans spend around 100 million dollars on yogurt a year.
- C. Most of the yogurt made here in the United State's comes from cow's milk, but in other countries it comes from goats, sheep, buffalo, yaks, and camels also.
- D. Eating yogurt has been shown to lower sulfur compounds in your body responsible for bad breath, so if you want to freshen up eat a little yogurt!
- E. There are about 100 million bacteria per gram of yogurt at the time of manufacture.
- F. Yogurt is also used for facials. It is said that it tightens your pores and cleanses your skin. The active cultures also will kill the harmful bacteria on your skin. Take $\frac{1}{2}$

cup of plain (unflavored) yogurt and let sit out to become room temp. Then put a thick coating on your face, wait 15-20 minutes, and wash off with warm water.

G. The cool feeling and moisture of yogurt is said to relieve sunburn pain.

H. Some people use yogurt as an edible finger paint for children. If you want different colors, add a few drops of food coloring.

I. Giving your dog or cat small amounts of yogurt can be beneficial to reduce your animal's gas. (Between 2 teaspoons and 3 tablespoons depending on how large your animal is)

J. Yogurt is used to make moss paint in gardens. If you want moss to grow on the sides of your flowerpots or on your stone walkway, all you need to do is take a cup of plain active culture yogurt, a cup of water, and a handful of common lawn moss and put it all into a blender. Then take a paintbrush and spread the mixture wherever you want it to grow (as long as the spot is cool and shady). You may want to mist the moss occasionally until it gets established as well.

V. Selection and Storing Yogurt

A. To enjoy the full benefits of yogurt look for those containing "live active cultures" or "living yogurt cultures" on the label.

- B. Look for labels that include vitamin d because not all yogurt does.
- C. Don't buy yogurt that says pasteurized. Pasteurization kills off the good bacteria minimizing the health benefits
- D. Try to avoid yogurts that have artificial colors, flavors, or sweeteners.
- E. Additionally be aware that fruit filled yogurt often times contains excess sugar.
- F. Store yogurt in the refrigerator in its original container. If unopened, it will stay fresh for about one week past its expiration date.
- G. If yogurt goes beyond expiration date, you can put it in the freezer and use in a smoothie.

VI. Tips for Eating Yogurt

- A. Casseroles, cookies, pancakes, and other products can be made with yogurt instead of milk or other liquids. This would be especially beneficial for individuals who are lactose intolerant or who don't handle milk that well because they can still make items that call for milk by a simple replacing of yogurt.
- B. Plain or flavored yogurt can be mixed with fruits, nuts, or granola for a chewy snack.
- C. Use yogurt to make a smoothie
- D. Plain yogurt can be used as a sour cream or cream cheese substitute.

- E. Desserts can be topped with sweetened plain yogurt as a whipped cream substitute
- H. Yogurt can be used as a dip for fruits and vegetables
- I. Yogurt can be used in place of syrup on pancakes or waffles. Then add a little fruit like a banana or blueberries.

VII. Activity

- A. Compare nutritional value (and taste) of sherbet, frozen yogurt and ice cream.
- B. Make a Yogurt Spinach Dip and sample with various veggies, crackers, etc.
- C. Give out samples of prepared Homemade Yogurt. Since this is a time consuming process, you will want to have this made ahead of time. This isn't something that can easily be demonstrated but if someone really likes it, you can give them the recipe with an explanation.
- D. Yogurt Parfait Bar...demonstrate how easy it is to create this great looking dessert and then give everyone the chance to do it.