

The History and Health Benefits of Yogurt

History

- Of all the fermented foods, yogurt has a long and varied history
- Some sources says it dates back to the 6000 BC
- Other sources talk about various countries and the origin depends on that country
- For example, Genghis Kahn and his marauders are supposed to have lived on it

History

- Roman writer Pliny the Elder who live between 23-79 AD writes about yogurt
- Traditions from ancient India mixed it with honey and called it the “food of the gods”
- Persians credit yogurt for Abraham’s long life
- References throughout Europe have been found historically
- Greek references date back as far 129 AD

History

- Yogurt has been traditionally found any where animals are used for milk
- Most sources state that yogurt developed in warm climates, naturally from milk (held in containers) being jostled – the natural process occurred because beneficial bacteria and enzymes were present
- Cow, sheep, yak, goat milk – all have been traditionally used for yogurt

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Making Yogurt

- The process of making yogurt has the beneficial strains of bacteria eating the lactose and producing lactic acid
- This is what give yogurt its tangy taste
- Also, as the milk ferments enzymes are produced by the bacteria that can aid the digestion of the protein and the fat in the milk

Health Benefits

- There are different types of yogurt available – some are made traditionally and others use a more manufactured method
- Commercial yogurt may be fermented in as little as an hour with thickening agents such as gelatin or modified cornstarch being added
- In order to break down enough lactose and have significant amount good bacteria – yogurt must be fermented for at least 4 hours or longer

Health Benefits

- This make research results inconsistence
- Yogurt contains Lactobacillus bacteria (bulgaricus) which aids the inhibition of bad bacteria
- It also aid immune response of the gut
- Yogurt can also aid peristalsis and improve bowel movements
- Many people who are lactose intolerant can tolerate yogurt (depending on fermentation time)

Health Benefits

- Yogurt may also be helpful for diarrhea
- Also L. Bulgaricus strains have shown the ability to inhibit cholesterol absorption
- Has anti-h. pylori bacteria activity which can help prevent gastritis, peptic ulcer and gastric cancer
- Can also reduce allergic reactions and inflammation in the gut and the body

Health Benefits

- Can also inhibit the toxic and pathogenic effects of C. Difficile
- Contains anti-cancer benefits by aiding the detoxification of carcinogenic substances
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