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YOGURT VS KEFIR



Healthy Gut

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Why Yogurt?

- It is one of the oldest fermented foods
- It is common to more cultures than any other types of fermented food except perhaps wine or cheese
- Different cultures use different strains for making yogurt
- It is made with a heating process which also makes it different from other fermented foods
- Generally, it is made using only two strains



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Yogurt

- 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 in raw milk
- Cow, sheep, yak, goat milk – all have been traditionally used for yogurt
- It was brought North America in the 17th century but did not become popular until the 1950s and 1960s
- Today, it is one of the most popular types of fermented foods

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Yogurt Types

- Mesophilic which is traditionally produced in cooler climates and uses raw milk and is made at a cooler temperature
- Thermophilic is traditionally from warm cultures and is typically how most yogurt is made
- Both require heat and temperature control



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Yogurt

- In North America, yogurt is made with the strains *Lactobacillus bulgaricus* and *Streptococcus thermophilus*
- Other strains can be added but that is not common
- 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

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Yogurt

- 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
- Specialty yogurts are also popular like Mediterranean and Greek – both involve process of straining whey to make it thicker
- 0%Greek is made with non-fat milk



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Ingredient Comparison

- Organic Meadow: Pasteurized organic milk ingredients (organic whole milk & organic skim milk powder), active bacterial cultures (*L.acidophilus*, *Bifidobacterium* sp., *S.thermophilus* and *L.bulgaricus*)
- Skim milk, water, peaches, cane sugar, milk and whey protein concentrate, modified corn starch, gelatin, natural flavours, pectin, active probiotic culture (*bifidobacterium lactis* CNCM I-2494), active bacterial cultures, carrageenan, stevia extract, natural colour, sodium citrate, vitamin A palmitate, vitamin D3, malic acid. Made with vitamin A & D fortified skim milk
- Liberte Kefir: Partly skimmed organic milk, bacterial culture, yeast



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Yogurt

- Studies on yogurt are inconsistent – mainly because they do not specify what type of yogurt was used.
- There is considerable difference between commercial yogurt and traditionally fermented in terms of CFUs for the strains of good bacteria.
- This make research results inconsistency
- However, the research that does exist.



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Yogurt

- Here is what is known
- 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)



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Yogurt

- 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
- 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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Yogurt

- One study found that elderly participants consuming *L. bulgaricus* had 2.6 times less incidence of catching a cold
- *S. thermophilus* produces folic acid
- Aids the treatment of gastritis and ulcer caused by aspirin, ibuprophen and NSAIDs
- Reduces the incidence of yeast infections
- *L. bulgaricus* and *S. thermophilus* both have anti-oxidant ability especially against the peroxidation of fats (prevent rancidity)



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Kefir

- Milk kefir grains have many more strains and is probably the number one fermented food for aiding gut health
- The 32 strains and good bacteria and yeast cannot be beat.
- The research is more consistent
- A recent study from the University of Florida looking at a local brand found 10 billion CFUs per ml – think about what that means even if your own kefir is not fermented as long
- Kefir (if the client has the grains) can easily be made with coconut milk
- Date paste can be added to feed it



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Yogurt

- Yogurt does come in non-dairy forms that can be bought but it is not an easy process to make it – gums and sugar are often added
- Not sure if the alternative yogurts have the same benefits as cow's yogurt but they are an easy step to recommend to clients
- There are plenty of traditional fermented yogurts available – it is easier to get clients to consume it
- Has definite benefits
- Consuming both is best along with other fermented foods


