

# Fermented Dairy Foods

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Many fermented dairy products are a good source of *probiotics* for good health. *Probiotics* are friendly bacteria in our digestive tract.

## Potential Health Benefits

- Improve lactose tolerance
- Maintain a healthy digestive tract
- Strengthen the immune system

## Sources

- Yogurt
- Frozen Yogurt
- Yogurt Drinks
- Kefir
- Some Cottage Cheeses
- Cultured Soy Products
- Sweet Acidophilus® Milk



## Foods

Foods are better choices for probiotics than supplements because they have components that may work together to give a bigger health effect than taking probiotics alone.

Fermented and cultured dairy and soy products are also a source of calcium, riboflavin, vitamin B12, potassium, protein and other nutrients.

These nutrients may be partly responsible for some of the health benefits of fermented foods.

# Ways to Eat More Probiotics

## Spiced Mint Yogurt Drink

(Adapted from “The Spice of Vegetarian Cooking,” by Martha Rose Shulman)

Serves 2



### Ingredients:

1 cup yogurt or buttermilk  
½ cup water  
12 mint leaves  
½ teaspoon cumin  
8 ice cubes

### Directions:

1. Blend together all ingredients except ice cubes in a blender until smooth.
2. Add ice cubes and continue to blend another 20 to 30 seconds. Pour into glasses and serve.

### Nutrition Facts:

Made with plain, non-fat yogurt:  
137 calories, 0 g fat, 14 g protein, 49% DV calcium

Made with low-fat buttermilk:  
98 calories, 2 g fat, 8 g protein, 28% DV calcium

Made with flavored, non-fat, low-calorie yogurt:  
105 calories, 0 g fat, 9 g protein, 32% DV calcium

## Yogurt Spread

(Adapted from [www.dannon.com](http://www.dannon.com))

### Ingredients:

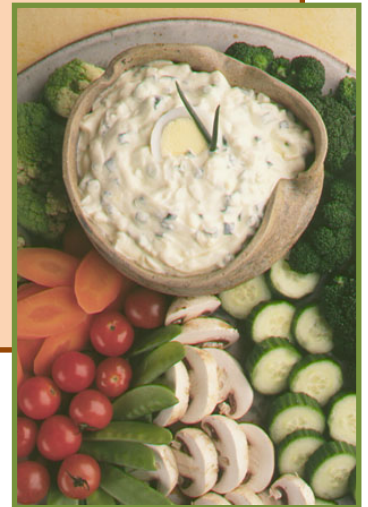
1 cups plain, non-fat yogurt  
¼ grated parmesan cheese  
2 tablespoons sesame seeds  
¼ teaspoon garlic salt

### Directions:

1. Mix all ingredients together in a bowl.
2. Spread on whole grain crackers or toast, or use as a vegetable dip.

### Nutrition Facts for

¼ of recipe:  
87 calories, 4 g fat,  
7 g protein,  
24% DV calcium.



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