Fermented Dairy for Health

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 intolerance
- Maintain a healthy digestive tract
- Strengthen the immune system

**Other potential health benefits that need more research**
- Cancer
- Allergies
- High cholesterol
- High blood pressure

**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.
## Spiced Minty 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)

**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. Enjoy 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.