



Philadelphia Coordinated Health Care  
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Empowerment through  
**education**, support and advocacy



### Benefits of Eating Yogurt

1. **Yogurt is easier to digest than milk.** : The culturing process makes yogurt more digestible than milk. The live active cultures create lactase, the enzyme lactose-intolerant people lack, and another enzyme contained in some yogurts (beta-galactosidase) also helps improve lactose absorption in lactase-deficient persons.
2. **Yogurt contributes to colon health.** When eating yogurt, you care for your colon in two ways. First, yogurt contains lactobacteria, intestines-friendly bacterial cultures that foster a healthy colon, and even lower the risk of colon cancer. Lactobacteria, especially acidophilus, promotes the growth of healthy bacteria in the colon and reduces the conversion of bile into carcinogenic bile acids. Basically, the friendly bacteria in yogurt seems to deactivate harmful substances (such as nitrates and nitrites before they are converted to nitrosamines) before they can become carcinogenic.
3. **Yogurt improves the bioavailability of other nutrients.** Culturing of yogurt increases the absorption of calcium and B-vitamins. The lactic acid in the yogurt aids in the digestion of the milk calcium, making it easier to absorb.
4. **Yogurt can boost immunity.** Researchers who studied 68 people who ate two cups of live-culture yogurt daily for three months found that these persons produced higher levels of immunity boosting interferon. The bacterial cultures in yogurt have also been shown to stimulate infection-fighting white cells in the bloodstream. Some studies have shown yogurt cultures to contain a factor that has anti-tumor effects in experimental animals.
5. **Yogurt aids healing after intestinal infections.** Some viral and allergic gastrointestinal disorders injure the lining of the intestines, especially the cells that produce lactase. Yogurt, however, because it contains less lactose and more lactase, is usually well-tolerated by healing intestines and is a popular "healing food" for diarrhea.
6. **Yogurt is a rich source of calcium.** The live-active cultures in yogurt increase the absorption of calcium, an 8-ounce serving of yogurt gets more calcium into the body than the same volume of milk can.
7. **Yogurt is an excellent source of protein.** Plain yogurt contains around ten to fourteen grams of protein per eight ounces, which amounts to twenty percent of the daily protein requirement for most persons. Besides being a rich source of proteins, the culturing of the milk proteins during fermentation makes these proteins easier to digest. For this reason, the proteins in yogurt are often called "predigested."
8. **Yogurt can lower cholesterol.** There are a few studies that have shown that yogurt can reduce the blood cholesterol. This may be because the live cultures in yogurt can assimilate the cholesterol or because yogurt binds bile acids, (which has also been shown to lower cholesterol), or both.
9. **Yogurt is a "grow food."** Two nutritional properties of yogurt may help with intestinal absorption problems grow: the easier digestibility of the proteins and the fact that the lactic acid in yogurt increases the absorption of minerals.
10. **A Chaser for Antibiotics.** Antibiotics kill not only harmful bacteria; they also kill the healthy ones in the intestines. The live bacterial cultures in yogurt can help replenish the intestines with helpful bacteria before the harmful ones take over.

Great for :



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10 Reasons Yogurt is a Top Health Food | Ask Dr. Sears. (n.d.). *Ask Dr. Sears | A Trusted Resource for Parents*. Retrieved September 10, 2012, from <http://www.askdrsears.com/topics/family-nutrition/yogurt/10-reasons-yogurt-top-health-food>