

# Yogurt Consumption & Improved Lactose Digestion



Yogurt, kefir and other fermented foods contain health promoting bacteria that influence the gut microbe and contribute to overall health.<sup>1</sup>

A systematic review published in *Nutrition Reviews*<sup>2</sup> evaluated the impact of fermented dairy food consumption, specifically yogurt, kefir and other fermented milks, on gastrointestinal and cardiovascular health, cancer risk, weight management, diabetes and metabolic health, and bone density.\* Among the positive findings, a direct and causal relationship was found between yogurt consumption and lactose digestion and tolerance. **This review affirms the beneficial role of yogurt consumption on improved lactose digestion and tolerance.**

\* The review included 47 clinical trials, 6 case control trials, 16 cross-sectional studies and 39 prospective studies (108 studies in total) published between 1979 and 2017.

## Fermented milk consumption was also consistently associated with:

- Reduced risk of breast & colorectal cancer
- Reduced risk of type 2 diabetes
- Improved weight maintenance
- Improved cardiovascular health
- Improved bone health
- Improved gastrointestinal health<sup>2</sup>



## Did you know?

- Yogurt provides 7 essential nutrients including: protein, calcium, phosphorus, vitamin B12, pantothenic acid, riboflavin & zinc.<sup>3</sup>
- The live and active cultures found in yogurt helps to break down lactose, which may make it easier for people with lactose intolerance to digest yogurt.<sup>3</sup>
- Fermented foods like yogurt are a good sources of nutrients that are important for normal immune function and may help reduce chronic inflammation.<sup>3</sup>

# Lactose Intolerance 101

- Lactose is a naturally occurring sugar found in cow’s milk - an 8-ounce glass of milk contains approximately 12 grams of lactose, 8 grams of protein and 310 mg of calcium.<sup>4</sup>
- Individuals with lactose intolerance can often tolerate lower lactose dairy foods like yogurt and hard cheeses.<sup>5</sup>
- Lactose-free milk is a great option too – it’s real cow’s milk, providing the same 13 nutrients, just without the lactose.



## The Scoop on Yogurt

	Plain, Nonfat Greek Yogurt* 5.5 oz.	Plain, Low Fat Yogurt * 6 oz.	Plain, Nonfat Icelandic Style Skyr** 5.3 oz.	Plain, Low Fat Kefir*** 8 oz.
<b>Lactose (g)</b>	4	4****	4	8
<b>Protein(g)</b>	16	9	17	9
<b>Calcium (mg)</b>	173	311	200	324

\* FoodData Central: Yogurt, Greek, plain, nonfat FDC ID 330137; Yogurt, plain, lowfat FDC ID 170886

\*\* Based on Average of 5 milk-based brands for which nutrient information was available. IRI Total U.S. Multi Outlet + Conv 2021, YTD ending 5-16-21.

\*\*\* Based on Average of Top 3 Shares of Total Volume Sale of Icelandic Yogurt. IRI Total U.S. Multi Outlet + Conv 2021, YTD ending 5-16-21.

\*\*\*\* Bone Health and Osteoporosis: A Report on the Surgeon General. <https://www.ncbi.nlm.nih.gov/books/NBK45523/table/ch7.t3/>

## Yogurt is a Culinary Powerhouse

### Marinade

Marinate poultry or fish with plain yogurt – it tastes great and makes a great tenderizer!

### Topping

Top grilled fruit with Skyr or top your tacos with plain Greek yogurt.

### Condiment

Create your own sandwich by mixing mashed avocado and yogurt as a condiment.

### Appetizer

Stir French onion mix or taco seasoning mix into yogurt for a savory dip.

### Snack

Grab a yogurt when you are on-the-go.

### Dessert

Make yogurt a decadent dessert with berries and dark chocolate bits.



## References

1. Kok CR, Hutkins R. Yogurt and other fermented foods as sources of health-promoting bacteria. *Nutr Rev.* 2018;76(Suppl 1):4-15.
2. Savaiano DA, Hutkins RW. Yogurt, cultured fermented milk, and health: a systematic review. *Nutr Rev.* 2021;79(5):599-614.
3. National Dairy Council Scientific Summary. Yogurt and Health. Accessed April 22, 2021 from <https://www.usdairy.com/news-articles/science-summary-yogurt-and-health>
4. FoodData Central: Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D. FDC ID 746772.
5. Bailey RK, Fileti CP, Keith J, Tropez-Sims S, Price W, Allison-Otley SD. Lactose intolerance and health disparities among African Americans and Hispanic Americans: an updated consensus statement. *J Natl Med Assoc.* 2013;105(2):112-127.