

# Defining Dairy

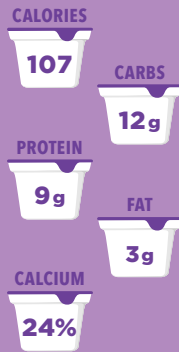
## YOGURT

From traditional to Greek and everything in between, discover what makes these yogurts unique!

\*Nutrition analysis based on a 6-oz serving of low fat (1%) plain yogurt

### Traditional Yogurt

Yogurt is made from cow's milk that is fermented by adding the cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. As these cultures grow, the milk thickens and becomes tangy and tart, resulting in a creamy texture. It is unstrained, so it is not as thick as other types of yogurts. Traditional yogurt can be made by using whole, low fat or fat free milk.



### Greek Yogurt

Greek yogurt is made when traditional yogurt is strained to remove the liquid whey, resulting in a thicker, creamier and more tart yogurt. Greek yogurt is higher in protein, slightly lower in calcium, and lower in lactose (the natural carbohydrate in milk) compared to regular yogurt.



### Icelandic Yogurt

This yogurt is made when the whey is strained four times, creating the thickest and creamiest yogurt available. It is usually mildly tangy and less tart than Greek yogurt. This type of yogurt is also known as Skyr, which is the Icelandic word for yogurt.

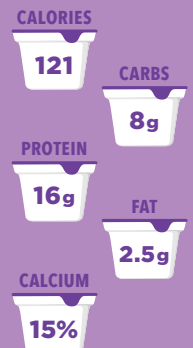
\*Nutrients based on 6-oz serving of fat free plain yogurt



### Australian Yogurt

This yogurt is unstrained but a little richer and creamier than traditional yogurt, which can vary by the type of milk fat being used. Some brands may use only whole milk, while nonfat milk brands may cook it slower and longer than traditional yogurt to achieve that extra creaminess. It is also known as "Aussie Style."

\*Nutrients based on 6-oz serving of reduced fat plain yogurt



### French-style Yogurt

French-style yogurt is made in small batches using whole milk and ingredients like cane sugar, fruit (if flavored) and yogurt cultures. Using a technique called "pot-set," it is poured into individual glass containers to set and culture for 8 hours. The result is a thicker, firmer yogurt that is not as tart.

\*Nutrients based on 6-oz serving of whole fat plain yogurt



### Kefir

Kefir is a fermented milk drink similar to a thin yogurt. It is fermented multiple times with a specific bacteria from kefir grains which produce more probiotics than yogurt. It is slightly bubbly and mildly tart, and has less lactose (the natural carbohydrate in milk) compared to yogurt. In the Turkish language, kefir means "good feeling."

\*Nutrients based on 8-oz serving of low fat plain kefir

