

# HEALTH BENEFITS OF FERMENTED DAIRY

A strong and growing body of evidence demonstrates that fermented dairy foods containing live, active cultures — such as yogurt, kefir and natural cheese — play an important role in supporting health.

## 1 SUPPORTS A HEALTHY GUT MICROBIOME

Yogurt, cheese and kefir with live, active cultures are associated with higher levels of beneficial gut bacteria and greater microbial diversity, which support gut health and metabolism.<sup>1</sup>

## 2 IMPROVES DIGESTIVE FUNCTION

Regular consumption of fermented dairy foods has been shown to help reduce gastrointestinal discomfort such as bloating, diarrhea and occasional constipation, supporting a more comfortable and resilient digestive system for all ages.<sup>2</sup>

## 3 PROVIDES BENEFICIAL BIOACTIVE NUTRIENTS

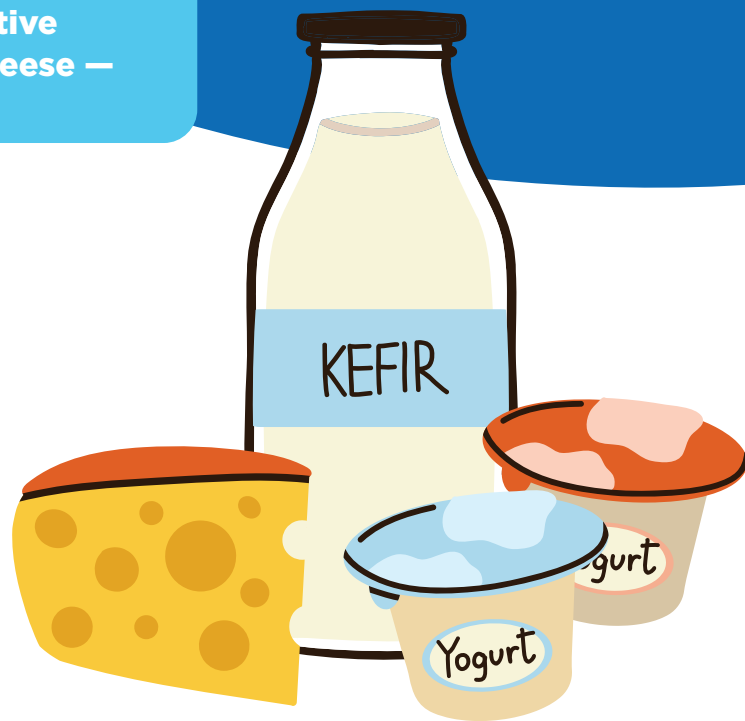
Fermentation produces unique bioactive components in dairy — including short-chain fatty acids, peptides and enzymes — that help support gut health and overall well-being.<sup>3</sup>

## 4 REDUCES DISEASE RISK

Yogurt consumption has been consistently linked with cardiometabolic benefits, including a lower risk of cardiovascular disease and type 2 diabetes, as well as maintaining a healthy weight.<sup>4</sup>

## 5 ENHANCES LACTOSE DIGESTION

Live cultures in fermented dairy help break down lactose, improving digestion and helping the body absorb nutrients.<sup>5</sup>



## TIPS TO ENJOY MORE FERMENTED DAIRY FOODS

- ✓ Use yogurt in place of mayonnaise in recipes
- ✓ Add kefir to smoothies or combine with granola or oatmeal
- ✓ Top your favorite dishes with natural cheeses like Parmesan, Cheddar, Feta, Brie, Ricotta, Blue Cheese or Swiss.



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