

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.¹

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.²

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.³

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.⁴

5 ENHANCES LACTOSE DIGESTION

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



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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3. Abdul Hakim BN, Xuan NJ, Oslan SNH. A Comprehensive Review of Bioactive Compounds from Lactic Acid Bacteria: Potential Functions as Functional Food in Dietetics and the Food Industry. *Foods (Basel, Switzerland)*. 2023;12(15). doi:10.3390/foods12152850.
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