

Too Many Yoghurt Choices!

Has anyone noticed there are more yoghurt varieties than fresh, organic produce in the markets?

Why do you think that is?

Marketing, more in the news about probiotics, ice cream alternatives for a sweet treat, or an easy fix to pop open the processed goo and grab a spoon on the pretence you are doing something healthy for you or your family?

In some ways, serving or making yoghurt is a good thought as long as you read the labels read the labels.

Pre-packaged, flavoured yoghurts can be filled with sugary syrups, added sugar or not even have enough friendly bacteria or protein to make much difference in your health. One report I read said the flavoured yoghurts actually had three times the sugar as plain yoghurt. Healthy alternative? I think not.

Then, you choose a low fat instead of full fat because you're trying to lose weight. Nice thought but the low fat ones have additives to make it taste better that defeat the purpose you are choosing low fat. In reality, if you choose full fat, it will keep you satiated and curb your hunger longer which helps with weight loss.

Now they confuse us even more by labelling some with "Greek" and Greek Style". Greek yoghurt has the whey strained out of it to make it thicker and made with full fat milk and fermented with a probiotic bacterium. Greek style hasn't been strained and has had additives and thickeners to make it thicker. Big difference.

Flavoured vs plain, Greek Yoghurt is a no brainer. Eat Plain, Greek Yoghurt and add fresh fruit or berries so you get the fibre from the fruit to act as pre-biotic food for the probiotic strains.

Lactose intolerant? No problem! Coconut yoghurt is just as yummy and nutritious as the dairy version. Add a little vanilla essence or bean and some fresh fruit for a yummy snack without the tummy distress of dairy.

Too expensive? No worries! Make your own. I found heaps of recipes to make coconut yoghurt but be careful, some said to add extra sugar or tapioca or gelatine which really isn't necessary.

When making your own yoghurt, be careful of what you use as a starter culture or probiotic bacterium. The two bacteria in most yoghurt starter cultures - *S. thermophilus* and *L. delbrueckii ssp. bulgaricus*— are not natural inhabitants of the intestine and cannot survive the acidic conditions and bile concentrations in the gastrointestinal tract making them of little use to help improve the microbiota in your gut. Whereas probiotics like acidophilus or Bifidobacterium strains can survive and colonise the large intestine.

I found this recipe from naturalfitfoodie.com/homemade-coconut-yoghurt that is easy and has no additives. Instead of a starter, I use a few FloraFood capsules I always keep in stock from The Aim Companies because they are easy and have a variety of the best strains.

While chatting with Portia Peterkin, an independent Thermomix Consultant with What's Cooking Alice Springs, she sent me the link www.recipecommunity.com.au that had several dairy and coconut yoghurt recipes for making yoghurts in those super-duper Thermomix machines.

Bottom line is to eat yoghurt to get that friendly bacteria in your gut for optimum health but make sure it is a healthy yoghurt.

If all this is too confusing, you are welcome to email me for clarification and assistance.

Here's to a healthy gut!

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Homemade Coconut Yogurt <https://naturalfitfoodie.com/homemade-coconut-yogurt>