

# Yogurt

Nutrition information  
for all the family



**Dairy**  
UK

# How is yogurt made?

YOGURT IS A DAIRY PRODUCT MADE BY FERMENTING MILK WITH VERY SPECIFIC TYPES OF HARMLESS BACTERIA. IN THE UK, YOGURT IS MOST COMMONLY MADE FROM COW'S MILK AND CAN BE MADE USING LOWER-FAT OR WHOLE MILK.

THE UK LOVES YOGURT - 4 IN 5 OF US EAT IT! BUT HOW MUCH DO WE KNOW ABOUT YOGURT? THIS BOOKLET AIMS TO ANSWER SOME QUESTIONS YOU MIGHT HAVE AND PROVIDE AN INSIGHT INTO WHY WE LOVE YOGURT SO MUCH.

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2. Varieties of yogurt
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1

Milk is pasteurised (heated through to stop potentially harmful bacteria growing) and then homogenised. Homogenisation is a process which evenly distributes the fat in milk and makes yogurt smooth and creamy.

2

The milk is incubated and harmless bacteria are added. The bacteria convert the naturally occurring sugar in milk (lactose) into lactic acid, which causes the milk to thicken, giving yogurt its characteristic consistency and tangy taste.

3

The yogurt is left to settle until it reaches the desired level of acidity. It is then cooled down and fruit or flavourings can be added. The yogurt is now ready to be eaten!



# Varieties of yogurt

## THERE'S ONE FOR EVERY TASTE!

YOGURT COMES IN AN INCREDIBLY DIVERSE RANGE OF SIZES, TASTES AND TEXTURES. THESE ARE JUST SOME OF THE YOGURT VARIETIES CURRENTLY SOLD IN THE UK:

- **Plain** Yogurt at its simplest, with no additional ingredients
- **Flavoured** With added sugar, honey, natural flavours, extracts, syrups, whole or puréed fruit and/or cereals (amongst others)
- **Low-fat** Contain no more than 3g of fat per 100g of yogurt
- **Light** Contain 30% less of a specific nutrient (for example, sugar or fat) compared to a range of similar products
- **Fat-free** Contain no more than 0.5g fat per 100g yogurt
- **Concentrated** Yogurts in which the protein content has been increased to a minimum of 5.6g per 100g (a standard fruit-flavoured yogurt contains around 4g protein per 100g). This is achieved by a number of different methods, including straining
- **Live** Most yogurts are 'live' or 'active' – in other words, they contain harmless live bacteria or active cultures – even if not stated on the label.





# The nutritional value of yogurt

A 150G POT OF LOW-FAT FRUIT YOGURT PROVIDES THE FOLLOWING AMOUNTS OF NUTRIENTS TO OUR RECOMMENDED DAILY INTAKE\*

PROVIDES

A SOURCE OF  
**VITAMIN B12**

18%

- Plays a role in cell division
- Contributes to red blood cell formation

PROVIDES

A SOURCE OF  
**PHOSPHORUS**

26%

- Contributes to the maintenance of normal bones
- Supports the growth and maintenance of muscle mass

PROVIDES

A SOURCE OF  
**RIBOFLAVIN**

23%

- Also known as vitamin B2
- Supports the release of energy from foods
- Contributes to the maintenance of normal vision and skin

PROVIDES

HIGH IN  
**IODINE**

48%

- Contributes to normal thyroid function
- Supports some brain functions (cognitive)

A SOURCE OF  
**CALCIUM**

26%

- Helps maintain normal bones and teeth
- Supports normal muscle and nerve function
- Contributes to blood clotting

A SOURCE OF  
**POTASSIUM**

15%

- Supports normal muscle and nerve function
- Helps maintain our blood pressure

HIGH IN  
**PROTEIN**

13%

- Helps maintain normal bones
- Supports the growth and maintenance of muscle mass

A SOURCE OF  
**THIAMIN**

16%

- Also known as vitamin B1
- Contributes to normal nerve and heart function
- Supports the release of energy from foods.

## DID YOU KNOW?

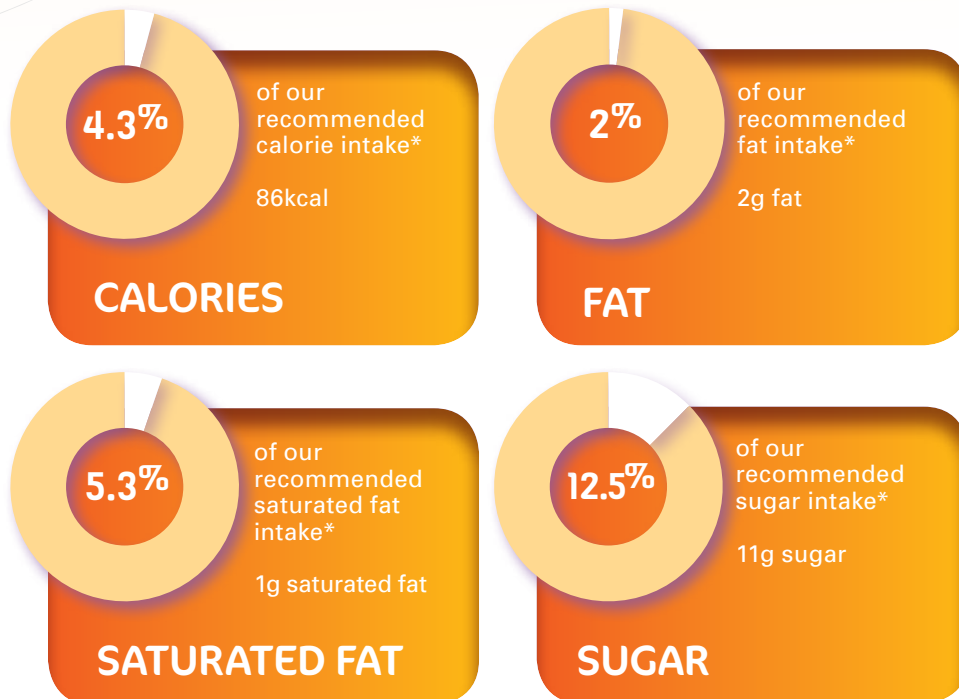
- The fat content of a yogurt depends on the type of milk used to make it. For example, yogurt made with whole milk has a higher fat content compared to that made with skimmed milk.
- Flavoured yogurts (for example, fruit yogurts) tend to have added sugars so may have a higher sugar content than plain yogurt.
- People who have difficulty digesting lactose in milk are generally able to tolerate yogurt better. This is because some of the lactose in yogurt has already been broken down by the harmless bacteria used to make the yogurt!

\*Recommended intakes are based on guidelines for adults established and used for purposes of nutrition labelling in the European Union.

# Yogurt as part of a healthy balanced diet

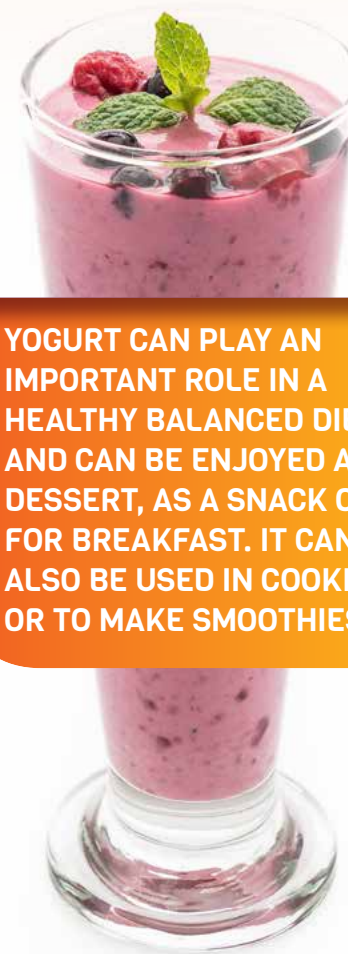
WITH ALL THIS TALK ABOUT YOGURT'S NUTRITIONAL GOODNESS, YOU MIGHT JUST BE WONDERING – WHAT'S THE CATCH? HOW MANY CALORIES, FATS AND SUGARS DOES A POT OF YOGURT ACTUALLY CONTAIN?

A 150g pot of low-fat plain yogurt provides:



\*Upper recommended intakes are based on guidelines for adults established and used for purposes of nutrition labelling in the European Union.

- Children below the age of 2 years should be offered whole milk yogurt. This is because toddlers have high energy needs but they have small tumms and eat less than adults - they need lots of energy from food to support rapid growth and development. They can start consuming low-fat varieties after the age of 2 years if they are eating and growing well.
- There are lower-fat and lower-sugar versions of yogurt available for those over the age of 5 years who would prefer this option.



YOGURT CAN PLAY AN IMPORTANT ROLE IN A HEALTHY BALANCED DIET AND CAN BE ENJOYED AS A DESSERT, AS A SNACK OR FOR BREAKFAST. IT CAN ALSO BE USED IN COOKING OR TO MAKE SMOOTHIES.







# Yogurt in cooking

**YOGURT IS A TASTY AND VERSATILE FOOD WHICH IS DELICIOUS ON ITS OWN, BUT HAVE YOU EVER THOUGHT ABOUT COOKING WITH YOGURT?**

**HERE ARE A FEW TIPS AND IDEAS TO HELP YOU ON YOUR WAY...**

## Preparation is key!

Shop-bought yogurts are ready to use straight from the container. If you are using yogurt in cooking, it's best to bring to room temperature first. Sometimes when cold yogurt is added straight to a dish, it can curdle and separate due to the extreme temperature change. Yogurts made with whole milk are the best to cook with, as they're more stable and less likely to curdle.

**Top tip:** you can use low-fat yogurt in cooking too, you just need to increase its stability. Mix ½ tsp cornflour with 1 tsp water and stir it into the yogurt before adding to the dish.

## Storage tips

Keep all live yogurts in an airtight container (preferably the one in which you bought it) in the fridge, for up to 4 days, or in line with the 'best before' date on the tub. After this date has expired, the yogurt will start to taste increasingly acidic. Long-life yogurt can be kept for longer than live yogurt - again, check the 'best before' date.

## Cook like a pro

Great in sweet and savoury dishes, or to calm down a spicy meal. Works well in dressings and marinades, and also baking or with fruit. Serve plain Greek style or strained yogurt with fruit for some added flavour. Or what about adding some seeds or nuts?



## WHY NOT TRY...

### YOGURT & FRUIT

Chop different fruits and add low-fat vanilla yogurt or plain yogurt sweetened with a little honey. You can even add a little cereal or some nuts on the top.

### YOGURT DIP

Try vegetable sticks (pepper, cucumber, carrots) and breadsticks with a cheesy dip (mix grated cheese and yogurt) or an avocado dip (mash a ripe avocado with yogurt and add a little lemon juice and pepper).

### YOGURT TOPPERS

Bake potatoes or sweet potatoes and add low-fat Greek style yogurt and chives. Or make a topping with yogurt and pesto – great on meat, fish or with pasta.

## Information Sources

PHE & FSA (2016). National Diet and Nutrition Survey: UK Results from Years 5 and 6 (combined) of the Rolling Programme (2012/13– 2013/14).  
<https://www.gov.uk/government/statistics/ndns-results-from-years-5-and-6-combined>  
[Accessed 08/2017]

European Commission. EU Register of nutrition and health claims made on foods  
<http://ec.europa.eu/nuhclaims/>  
[Accessed 08/2017]

Finglas PM et al (2015) McCance and Widdowson's The Composition of Foods, Seventh Summary edition, Cambridge: Royal Society of Chemistry

### Other factsheets include:



For details on additional information sources  
please contact Dairy UK

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