

FERMENTED MILKS AROUND THE WORLD

For centuries, fermented milks have provided essential nutrients and health benefits in human diets. Milk fermentation is as simple as adding live ferments to milk, leading to dozens of popular recipes around the world. How different are they? Get the science facts about Greek yogurt, lassi, skyr, laban, ayran, kefir... and many more.

WHAT IS GREEK YOGURT?



STRAINED 3 TIMES IS WHAT MAKES IT UNIQUE!

Greek yogurt is a higher protein yogurt ($\geq 5.6\%$)⁽¹⁾ with a smooth creamy mouthfeel. The lactoserum (or whey) is strained OUT after fermentation, which differentiates it from regular yogurt and provides its consistent, velvety texture.



330 g Greek yogurt⁽²⁾



FERMENTATION'S PROCESS

BACTERIA

- *Lactobacillus bulgaricus*
- *Streptococcus thermophilus*

MILK + BACTERIA

Bacteria feed on the lactose and releases lactic acid

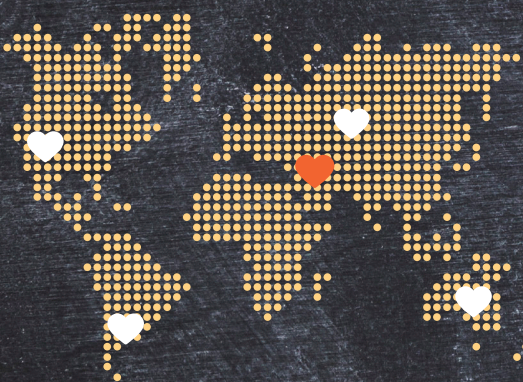
- coagulates milk proteins
- produces typical aromatic compounds⁽³⁾

LIVE BACTERIA

10^7 / gram of yogurt⁽⁶⁾

CULTURAL ORIGINS

- « *Yiaourti* » is the recipe originated in Greece. Many call it also the Mediterranean-style yogurt. Today, it is very trendy worldwide.
- Traditionally eaten as a soft savory cheese + olives, olive oil, fresh vegetables, herbs, bread... (ex. tzatziki).



- ♥ Greek yogurt's origins
- ♡ Greek yogurt fans

TASTE*

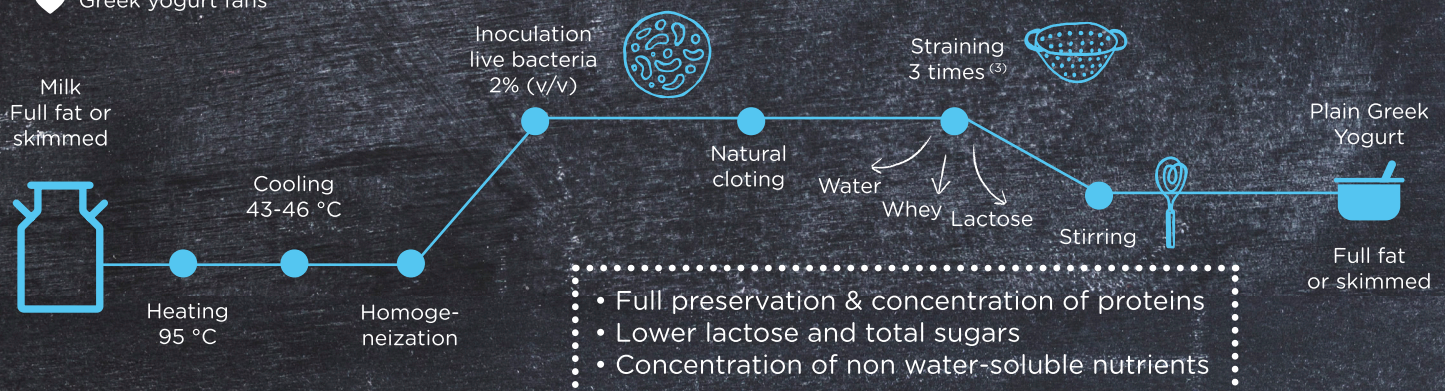
- Tart
- Sweet
- Milky
- Savoury
- Bitter

TEXTURE*

- Creamy (full-fat)
 - Creamy (low-fat)
- NO • Set (as fermentation occurs in the pot)
- YES • Stirred (fermented and stirred before transfer to pot)

* compared with plain yogurt

HOW IS IT MADE? (3)



NUTRITION & HEALTH BENEFITS

- **HUNGER-SQUASHER**⁽⁷⁾
 - Twice the satiating protein and half the sugars compared to flavored yogurt
 - Thicker, more filling texture
 - Just 100 calories for a container of plain, non-fat Greek yogurt
- **NUTRIENT-PACKED**⁽⁸⁾
 - Concentrated dairy product, thus a higher nutrient-dense food
 - Including vitamin B12, only found in animal products
- **MUSCLE-FRIENDLY**⁽⁹⁾
 - Satisfying food after workout
 - Dairy protein help regenerate muscle and repair fiber damage after workout
- **HEALTH-CARRIER**
 - One of the front-line foods in the Mediterranean diet

OTHER NAMES FOR GREEK YOGURT

Using the same process with eventually different bacteria:

- **Straggisto** (Greece)
- **Labneh** (Middle-East)
- **Ymer** or **Ylette** (both from Denmark)



WHEN TO EAT?



- Breakfast
- Snack or sandwich
- After workout
- Light dinner

NUTRITION FACTS (4)

COMMON PORTION SIZES:

Small - 120 - 150 g / Average - 1 cup (250 g)

PROTEIN

9 - 10 g / 100 g

- Helps favor satiety
- Dairy protein: high biological value, provides all essential aminoacids

CALCIUM

100 - 115 mg / 100 g

- Dairy calcium: better absorbed⁽⁵⁾

FATS

0 - 10 g / 100 g

- Level depending on milk fat %
- Transporting the fat-soluble vitamins (mainly vit A, and vit D if enriched).

SUGARS (plain yogurt)

3.5 - 4 g / 100 g

- Quality: simple sugars / Mainly lactose

OTHER NUTRIENTS

- **Vitamin B12:** 0.5 - 0.75 μ g / 100 g
- **Vitamin D:** often fortified



1001 WAYS TO ENJOY IT

- Carrier of other healthy foods like cereals, fruit, grains, nuts, seeds
- As a topping or spread, in a higher-nutrient density substitution for sour cream, butter or mayonnaise
- A lower-fat option to thicken up cakes or smoothies
- To marinate meats or poultry
- Try freezing with fresh fruits for home-made popsicles

Reference

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