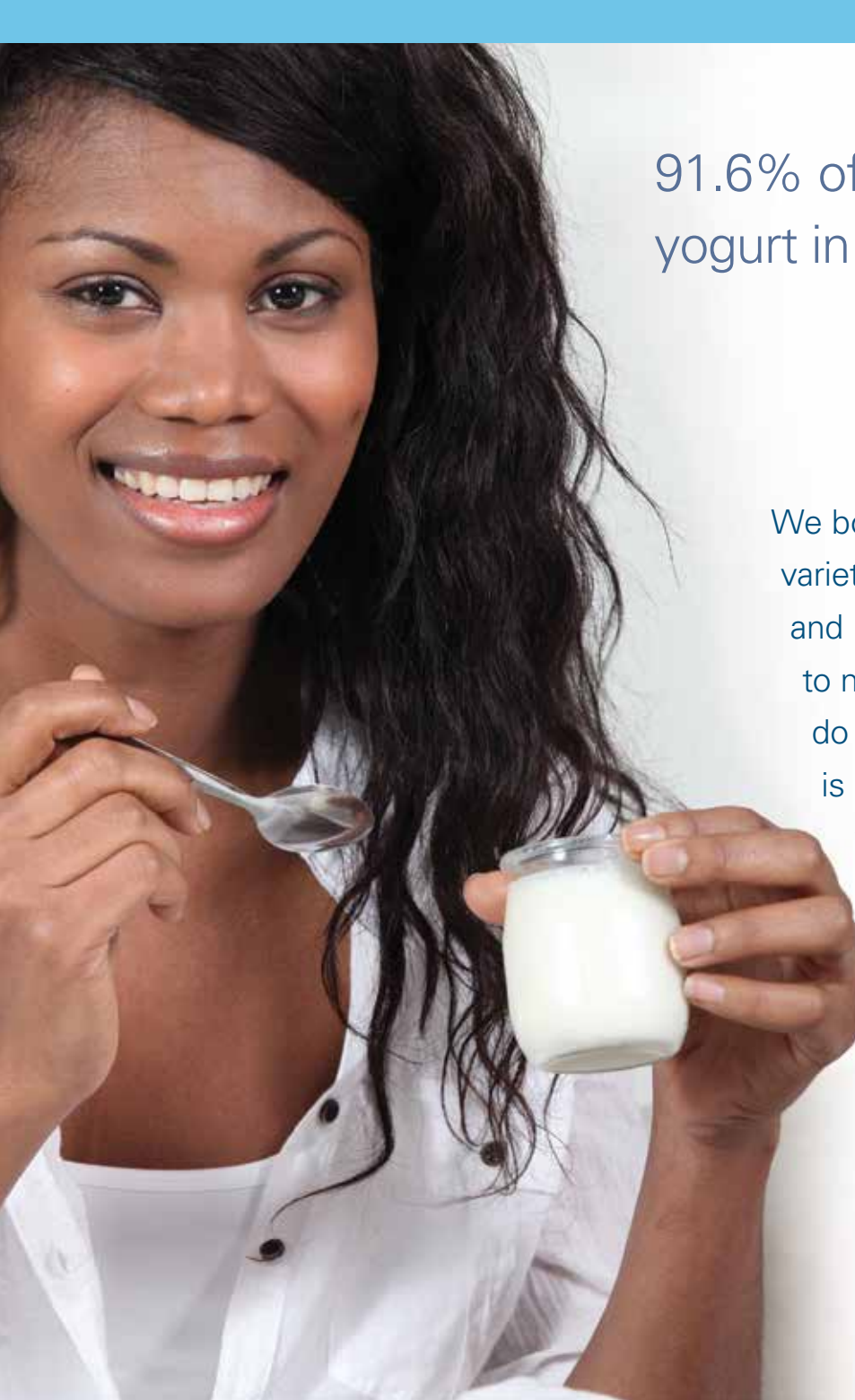




# Yogurt Factsheet



## 91.6% of UK households bought yogurt in 2015

We bought it in plain and flavoured varieties, with separate toppings and layered with fruit purée (just to mention a few). But how much do we know about yogurt? How is it made? What is its nutritional value? How can we enjoy it as part of a healthy balanced diet?

This factsheet aims to answer these questions and more and provides an insight into why we love yogurt so much.

### Fast facts about yogurt

- The origin of yogurt is uncertain: it is thought that the first yogurt may have been produced by the ancient Turks in Asia many thousands of years ago.
- A 150g pot of low-fat plain yogurt is a source of protein, calcium, vitamins B<sub>1</sub>, B<sub>2</sub> and B<sub>12</sub>, iodine, phosphorus and potassium.
- Yogurt is made by fermenting milk with harmless bacteria.
- People who have difficulty digesting lactose in milk are generally able to tolerate yogurt better.
- Yogurt only contributes 1% to our overall calorie intake.
- The average individual consumes yogurt 3 times a week.

# How is yogurt made?

**A yogurt is defined as 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 full-fat or lower-fat milk.**

## STEP 1

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

## STEP 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 characterised consistency and tangy taste.

## STEP 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!

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## Top tips on how to make the most of your yogurt

- After buying yogurt, refrigerate it immediately.
- Try not to eat yogurt after the 'best before' date as its quality may not be at its best.
- Do not eat yogurt after the 'use by' date.
- Make sure that your yogurt is sealed tightly to protect it from strong odours of other foods.
- Freezing yogurt will affect its texture and flavour. However, you can keep it in the freezer for up to 1 month if you do decide to do so.

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

## Did you know that in the UK...

- Due to its increasing popularity, whole milk yogurt is now more often purchased than the lower-fat varieties.
- Women are more likely to look for a low-fat yogurt option than men.
- 36% of women eat Greek or Greek style yogurt compared to only 22% of men.
- 80% of yogurt eaters consider it a healthier alternative to dessert.



Another interesting fact is that, since the 1970s, yogurt consumption in the UK has increased by a whopping 430%!



**Figure 1 – Yogurt (ml) purchased in the UK per person per week from 1974 to 2011**  
Graph generated by the Dairy Council using data sourced from Defra “Family Food Statistics” (2012).

# The nutritional value of yogurt

**Not many of us are aware of how nutrient-packed yogurt actually is.  
A 150g pot of low-fat plain yogurt provides:**

**14.4% of our**  
recommended daily **protein\***

contributes to the maintenance of bones and muscles, and a growth in muscle mass

**30.3% of our**  
recommended daily **calcium\***

needed for normal bone development in children, it is also important for maintaining bones and teeth

**30.6% of our**  
recommended daily **phosphorus\***

helps maintain normal bones and teeth

**23.6% of our**  
recommended daily **riboflavin\***

also known as vitamin B2, it helps maintain normal skin and release the energy from our food



**18% of our**  
recommended daily **B<sub>12</sub>\***

helps reduce tiredness and fatigue and contributes to normal functioning of the immune system

**34% of our**  
recommended daily **iodine\***

contributes to the normal growth of children, helps maintain skin

**16.4% of our**  
recommended daily **thiamin\***

also known as vitamin B1, it contributes to normal nerve and heart function

**17.1% of our**  
recommended daily **potassium\***

contributes to normal muscle and nerve function and helps maintain normal blood pressure

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

It is important to know that:

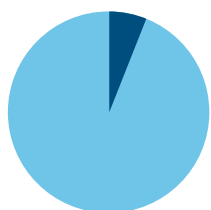
- The fat content of a yogurt depends on the type of milk used to make it. For example, yogurt made with whole milk has a higher fat content compared to that made with skimmed milk.
- Flavoured yogurts (for example, fruit yogurts) tend to have added sugars so may have a higher sugar content than plain 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!

# Yogurt as part of a healthy balanced diet

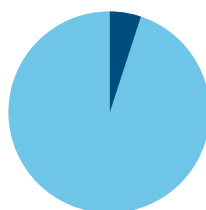
**Yogurt is tasty, versatile and a source of many nutrients. It's no wonder then that the Department of Health's Change4Life campaign suggests that we include low-fat yogurts in our diets - for example, as a healthy snack.**

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?

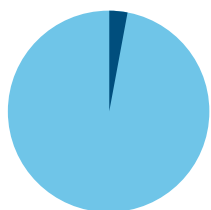
A 150g pot of low-fat plain yogurt provides:



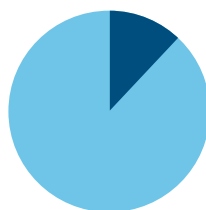
85.5 calories  
**4.3% of our**  
recommended **calorie** intake\*



1.05g saturated fat  
**5.3% of our**  
recommended **saturated fat** intake\*



2g fat  
**2% of our**  
recommended **fat** intake\*



11.25g of sugars  
**12.5% of our**  
recommended **sugar** intake\*

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

The latest nutrition survey data for the UK shows that yogurt, fromage frais and other dairy desserts contributes to only:

1% of overall adult calorie intake

1% of overall adult fat intake

3% of overall adult sugar intake

2% of overall adult saturated fat intake

It is important to be aware that:

- 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 reduced-fat, and reduced-sugar, versions of yogurt available for adults and those over the age of 5 years for those who would prefer a low-fat or low-sugar option.

**Yogurt can play an important part 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 as part of delicious drinks such as shakes and smoothies!**

# Let's get cooking with yogurt

## Green Curry Yogurt Chicken

Serves 4

### Ingredients

1 tablespoon oil  
500g skinless chicken fillet, diced  
1 medium red onion, finely chopped  
200g green beans, trimmed  
1 carrot, peeled and thinly sliced  
2-3 tablespoons Thai green curry paste  
400g low-fat plain yogurt  
2 teaspoons brown sugar  
1 tablespoon fish sauce  
2 tablespoons chopped fresh coriander

### Method

1. Heat oil in a wok or large saucepan, cook chicken for 2-3 minutes or until golden.
2. Add vegetables and curry paste to wok and cook stirring for 2 minutes, pour in 60ml of water and gently simmer for 5 minutes or until vegetables are tender.
3. Stir in yogurt and warm through before seasoning with brown sugar and fish sauce. Fold in coriander.
4. Serve with rice (nutrient analysis below does not include rice).



### Nutrient content per serving:

Energy: 301kcal, Protein: 37.7g, Total Fat: 9.9g, Saturated Fat: 1.4g, Carbohydrate: 16.4g, Sugars: 14.2g, Sodium: 0.4g, Calcium: 262mg





## Strawberry Shake

Serves 3

### Ingredients

½ punnet strawberries  
1 tablespoon water  
250ml semi-skimmed milk  
125g low-fat vanilla yogurt  
1 teaspoon honey

### Method

1. Place all of the ingredients into a blender and blend until smooth.
2. Divide between three glasses.

### Nutrient content per serving:

Energy: 104kcal, Protein: 5.2g, Total Fat: 1.9g, Saturated Fat: 1.2g, Carbohydrate: 17.8g,  
Sugars: 17.8g, Sodium: 0.07g, Calcium: 178mg



## Yogurt Fruit Salad

Serves 3

### Ingredients


130g low-fat plain yogurt  
½ orange, segmented  
½ apple, cubed  
½ banana, sliced  
220g pineapple pieces in juice, drained

### Method

Combine yogurt, orange segments, apple, banana and pineapple and serve.

### Nutrient content per serving:

Energy: 90kcal, Protein: 3g, Total Fat: 0.4g, Saturated Fat: 0.2g, Carbohydrate: 19.8g,  
Sugars: 19.5g, Sodium: 0.04g, Calcium: 102mg

A glass jar of green yogurt dip is shown on a wooden cutting board. The dip is a vibrant green color and has a thick, creamy texture. A white plastic spoon is inserted into the dip. The cutting board is decorated with several small white flowers. In the background, another larger glass jar of the same dip is visible, and the scene is set against a blurred green background, suggesting fresh herbs.

## Why not try...

**Yogurt and fruit:** Chop different fruits and add low-fat vanilla yogurt or plain yogurt sweetened with a little honey and fresh orange juice. 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.

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6. NHS Change4Life <http://www.nhs.uk/change4life/Pages/change-for-life.aspx> [accessed 12/2016]

For details on additional information sources please contact The Dairy Council.