



# Yogurt - a healthy food

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Yogurt is a fermented dairy product made by adding bacterial cultures to milk, which causes the transformation of the milk's sugar, lactose, into lactic acid. This process gives yogurt its refreshingly tart flavor and unique pudding-like texture.

### Health Benefits

- Yogurt is a very good source of calcium, phosphorus, riboflavin-vitamin B2 and iodine. It is also a good source of vitamin B12, pantothenic acid-vitamin B5, zinc, potassium, protein and molybdenum. These 10 nutrients alone would make yogurt a health-supportive food.
- But a more interesting health fact is the potential inclusion of live bacteria, when yogurt is consumed.
- Yogurt is shown to boost immune response.
- Apart from the presence of calcium that makes yogurt a bone-friendly food, cow's milk and fermented milk products such as yogurt also contain lactoferrin, an iron binding protein that boosts the growth and activity of osteoblasts (the cells that build bone). Hence they are better for food for calcium supply than calcium supplements for young girls who need more calcium.
- Store yogurt in the refrigerator in a well closed container.

**Source:** Portal Content Development Team

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**Source:** <https://data.vikaspedia.in/short/lc?k=umxQIhejl-xpuY9q9gGOSg>

