



spotlight on health

Eat A Yogurt And Call Me In The Morning

(NAPSA)—Has your doctor recommended yogurt yet? A recent survey reveals that two out of three doctors questioned who take time to discuss nutrition with their patients recommend the consumption of yogurt with live active cultures, believing that it offers overall nutritional health benefits.

The Live Active Culture (LAC) Yogurt Survey, commissioned by The Dannon Company, queried 565 primary care physicians nationwide. The results show that these doctors most associate the consumption of live active cultured yogurt with the following benefits:

- A source of calcium;
- For patients who are lactose intolerant—the live and active cultures used to make yogurt produce the enzyme lactase and break down some of the lactose in milk;
- Maintaining intestinal microflora—scientific research is exploring how dietary consumption of certain types of beneficial bacteria positively influence intestinal health; and
- For overall intestinal health.

“Doctors who share this nutrition information with their patients are putting to work years of research,” said Dr. Allan Walker of Harvard Medical School. “Several studies suggest that the consumption of adequate amounts of the appropriate strains of live active cultures, like those found in yogurt, may help some better tolerate dairy products. Research is also investigating the role of specific live active cultures to help maintain overall gastrointestinal health.”



Yogurt is seen by doctors as a food with many nutritional benefits.

Yogurt, one of the world's first functional foods, is also a recommended food (in its lowfat and nonfat varieties) in the DASH (Dietary Approaches to Stop Hypertension) diet. DASH clinical trials have found that a diet rich in fruits, vegetables, and lowfat dairy foods and that is reduced in saturated and total fat can substantially lower elevated blood pressure and can help maintain healthy blood pressure.

For the benefits of healthy active cultures, look for the LAC seal on the yogurt cup to ensure that it contains a significant number of lactic acid cultures. This seal identifies those products that contain at least 100 million active cultures per gram at time of production and at least 10 million at the end of shelf life.

For more information log on to www.dannon.com.