

## More Americans Could Benefit From “Friendly” Bacteria

(NAPSA)—Good news for people who want to eat well but find that dairy products upset their stomach. You can now get healthful, delicious, lactose-free yogurt and kefir—a creamy, drinkable yogurt—with a custom blend of 10 probiotic cultures to help your body flourish.

### The Doctor Explains

“The term ‘probiotics’ simply means ‘for life,’ and it’s a way of describing bacteria—live, active cultures that are in fermented dairy products. These bacteria, probiotics, populate the intestinal tract and provide so many health benefits,” said Dr. Liz Applegate, director of sports nutrition at UC Davis, fellow of the American College of Sports Medicine, member of the American Dietetic Association and author of the popular “Fridge Wisdom” nutrition column for *Runner’s World* magazine plus six books on nutrition.

“We need to start thinking about how we can get healthy bacteria in our diet on a regular basis, and it’s by eating cultured dairy products like yogurt and kefir,” she added. Also referred to as “good” or “friendly” bacteria, probiotics promote optimal bone health, good digestion and a strong immune system. New Green Valley Organics is the only dairy brand to offer Flourish—a custom blend of 10 live active probiotic cultures—eight more health-promoting live active cultures than the USDA’s yogurt requirement of two.

“Foods that have always had probiotics such as yogurt and kefir have live, active cultures that can help keep our intestinal tract healthy,” explained Dr. Applegate. “They may also help with weight control when consumed as a regu-



**Even people who thought they couldn’t enjoy yogurt can now benefit from its probiotics and other nutrients.**

lar part of your diet.”

### Relief For Lactose Intolerance

Now, even people with lactose intolerance can enjoy the taste and get the health benefits that come from eating yogurt and drinking kefir. All the protein, calcium, B vitamins and other nutritional benefits of real dairy are available in an organic, lactose-free, great-tasting option.

The only thing that is removed in processing is the lactose. No chemicals are used, and the nutritional components of the milk are not altered in any way. What’s more, because Green Valley Organics yogurt has no lactose, it has less sugar—great news for anyone counting carbs, especially diabetics. The sugar content in one serving of the company’s natural plain yogurt or kefir is 4 grams, as opposed to about 11 in a comparable non-lactose-free product.

The yogurts and kefirs are also low fat, kosher certified and gluten free with no coloring, preservatives or stabilizers. These

all-natural products are made with fresh, organic milk from Certified Humane farms.

### How To Have Them

More than a healthful snack or dessert, yogurt and kefir can be used in a variety of recipes and enjoyed in many ways, including:

- **As a beverage:** For breakfast, lunch or midnight snack, mix equal parts plain kefir with orange or tomato juice. For variety, stir in chocolate or maple syrup.

- **For a cold soup:** Combine equal parts of kefir, tomato juice and a mixture of finely chopped cucumber and dill.

- **As a topping for fresh fruit:** Add a little honey and several drops of vanilla or rum extract to plain or vanilla yogurt. Serve over fresh berries, bananas or a mixed fruit salad.

- **On a baked potato:** Use plain yogurt in place of sour cream or butter. Sprinkle with chopped chives.

- **In muffins, pancakes and breads:** Use plain kefir in place of milk or buttermilk for light, fluffy results.

- **As a marinade:** Yogurt makes an excellent tenderizer for grilled lamb, chicken or fish; plain or with soy sauce, oil and vinegar, or Dijon.

- **In coleslaw:** Use yogurt in place of mayonnaise with garlic, oil, rice vinegar, lemon juice and a good sprinkling of celery seeds.

### Learn More

You’ll find these yogurts and kefirs at Whole Foods Market and other grocery, specialty and natural food retailers nationwide. For tips on identifying and living with lactose intolerance, great recipes, serving suggestions and a store locator, go to [www.GreenValleyLactoseFree.com](http://www.GreenValleyLactoseFree.com) or call (707) 823-8250.