


Hindustan Times - Guardian Health Chronicle

Yoghurt

The secret of optimum health



At par with milk but is digested twice as fast as milk. Make it a part of your daily diet.

For the weight conscious it can be a great snack. Its low cal and tastes delicious. Yoghurt is packed with beneficial bacteria that are essential for good health. The lactobacillus that it contains keeps the intestinal tract healthy, maximizes the absorption of nutrients in your body and strengthens the immune system.

It kills the dangerous bacteria and assists in the growth of the beneficial ones. Containing lactic acid, yoghurt - a pre-digested food, comes with myriad health benefits. Since it is a predigested form of milk, it is easily digested by everybody, even the ailing ones and the ones whose digestive system cannot tolerate milk products.

Eat yoghurt

- This versatile meal accompaniment is loaded with high quality proteins, vitamins, minerals and enzymes. It helps in the assimilation of nutrients from the foods and prevents constipation.
- Daily consumption of this wonder food has been shown to lower hypertension.
- The pro-biotic curd available in the market is considered even better since it contains the pro-biotic strains of bacteria. These greatly enhance the immune system and make the body less prone to infections, inflammatory diseases and allergies.
- Research suggests that the regular intake of curd is highly beneficial in bringing down the LDL cholesterol levels thus reducing the risk of various cardio vascular diseases.
- An excellent source of calcium, it is vital for maintaining bone health and dental health, especially in children. So do not worry if your child refuses to have milk. Give him curd, prepared in various forms. He is sure to like one of them at least. This milk substitute also helps prevent osteoporosis in menopausal women and regulates the blood pressure in women during and after pregnancy. What more, your body absorbs more calcium from yoghurt as compared to milk.
- The increased consumption of yoghurt has also been found to bring a great relief to women with vaginal infections.
- Rich in potassium and magnesium it maintains the nerve health and the fluid balance in the body.
- The calcium present in it helps you shed those extra pounds. If applied topically it is the best body conditioner. It brings sheen to your hair and glow on your body.

Rain or no rain, day or night, well or unwell...Just relish it.

Caution

Ensure that it is not too cold and sour. And if undergoing some alternate therapy consult your Doctor about its consumption.

*(With inputs from Ritika Samaddar
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