

WHAT IS GREEK YOGURT?



STRAINED 3 TIMES IS WHAT MAKES IT UNIQUE!

Greek yogurt is a higher protein yogurt (>5.6%)⁽¹⁾ with a smooth creamy mouthfeel. The lactoserum (or whey) is strained OUT after fermentation, which differentiates it from regular yogurt and provides its consistent, velvety texture.



FERMENTATION'S PROCESS

BACTERIA

- *Lactobacillus bulgaricus*
- *Streptococcus thermophilus*

MILK + BACTERIA

Bacteria feed on the lactose and releases lactic acid

- coagulates milk proteins
- produces typical aromatic compounds⁽³⁾

LIVE BACTERIA

10⁷/gram of yogurt⁽⁶⁾

CULTURAL ORIGINS

- « *Yiaourti* » is the recipe originated in Greece. Many call it also the Mediterranean-style yogurt. Today, it is very trendy worldwide.
- Traditionally eaten as a soft savory cheese + olives, olive oil, fresh vegetables, herbs, bread... (ex. tzatziki).



TASTE*

- Tart
- Sweet
- Milky
- Savoury
- Bitter



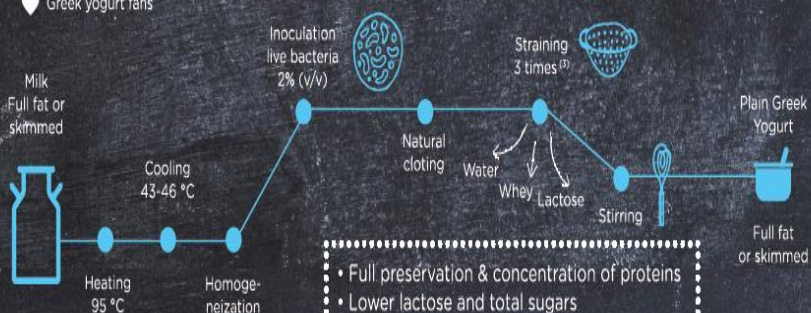
TEXTURE*

- Creamy (full-fat)
- Creamy (low-fat)

- NO • Set (as fermentation occurs in the pot)
- YES • Stirred (fermented and stirred before transfer to pot)

* compared with plain yogurt

HOW IS IT MADE? (3)



- Full preservation & concentration of proteins
- Lower lactose and total sugars
- Concentration of non water-soluble nutrients

NUTRITION & HEALTH BENEFITS



- **HUNGER-SQUASHER**⁽⁷⁾
 - Twice the satiating protein and half the sugars compared to flavored yogurt
 - Thicker, more filling texture
 - Just 100 calories for a container of plain, non-fat Greek yogurt
- **NUTRIENT-PACKED**⁽⁸⁾
 - Concentrated dairy product, thus a higher nutrient-dense food
 - Including vitamin B12, only found in animal products
- **MUSCLE-FRIENDLY**⁽⁹⁾
 - Satisfying food after workout
 - Dairy protein help regenerate muscle and repair fiber damage after workout
- **HEALTH-CARRIER**
 - One of the front-line foods in the Mediterranean diet

OTHER NAMES FOR GREEK YOGURT



Using the same process with eventually different bacteria:

- **Straglisto** (Greece)
- **Labneh** (Middle-East)
- **Ymer** or **Ylette** (both from Denmark)



WHEN TO EAT?



- Breakfast
- Snack or sandwich
- After workout
- Light dinner



1001 WAYS TO ENJOY IT

- Carrier of other healthy foods like cereals, fruit, grains, nuts, seeds
- As a topping or spread, in a higher-nutrient density substitution for sour cream, butter or mayonnaise
- A lower-fat option to thicken up cakes or smoothies
- To marinate meats or poultry
- Try freezing with fresh fruits for home-made popsicles

References

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- 4/USDA Food composition databases. Greek yogurt, plain, whole milk 01293, low fat 01287 and no-fat 01314.
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NUTRITION FACTS (4)

COMMON PORTION SIZES:
 Small - 120 - 150 g / Average - 1 cup (250 g)

PROTEIN
9 - 10 g / 100 g

- Helps favor satiety
- Dairy protein: high biological value, provides all essential aminoacids

CALCIUM
100 - 115 mg / 100 g

- Dairy calcium: better absorbed⁽⁵⁾

FATS
0 - 10 g / 100 g

- Level depending on milk fat %
- Transporting the fat-soluble vitamins (mainly vit A, and vit D if enriched).

SUGARS (plain yogurt)
3.5 - 4 g / 100 g

- Quality: simple sugars / Mainly lactose

OTHER NUTRIENTS

- Vitamin B12: 0.5 - 0.75 µg / 100 g
- Vitamin D: often fortified

