

JOIN THE CULTURE CLUB:

FOCUS ON EATING DAIRY WITH **LIVE CULTURES** EVERY DAY OF THE WEEK



WEEKLY PLANNER



MONDAY BEAT THE BLOAT	TUESDAY HEART HEALTH	WEDNESDAY BONE HEALTH	THURSDAY LOWERED BLOOD PRESSURE
Dairy with live cultures improves lactose digestion and reduces symptoms of intolerance in lactose maldigesters. ¹	Having more than one serving of yoghurt per day is associated with lower risk of cardiovascular events and strokes. ^{2,3}	The live cultures in yoghurt may promote intestinal calcium absorption and bone metabolism. ⁴	Bioactive peptides (released from milk protein during fermentation to make yoghurt) inhibit the release of angiotensin-converting enzyme, resulting in vasodilation that lowers blood pressure. ⁵
			
FRIDAY MENTAL HEALTH	SATURDAY WEIGHT MANAGEMENT	SUNDAY TYPE 2 DIABETES	
Emerging research is exploring the potential of the microbiome to support mental health, helping to reduce the risk of anxiety and depression, ⁶ autism spectrum disorder, ⁷ Parkinson's disease ^{8,9} and schizophrenia. ¹⁰	Fermented dairy consumption is correlated with weight control, likely modulated by changes in the microbiota. ¹¹	The consumption of yoghurt and dairy with live cultures appears to be inversely associated with outcomes of type 2 diabetes. ^{12,13} Through fermentation, live cultures reduce the pH of dairy products, naturally lowering the Glycaemic Index.	
			

References

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