

YOGURT and the Secret of Good Health



For a long time, people have believed yogurt to possess health and life-giving powers. But it is only recently, that we have unlocked the true secret of yogurt.

Yogurt was first made hundreds of years ago in the Middle East by nomads. They fermented the milk from different animals, when their milk was plentiful, and turned it into yogurt to eat and drink. In winter, when fresh milk was scarce, they made yogurt from a type of dried milk.

We believe that yogurt was discovered when someone tried to preserve milk by heating it gently over an open fire. Natural bacteria then turned the milk sour, forming a basic type of yogurt.

The milk was modified and changed by this early version of fermentation with the milk's undesirable micro-organisms being destroyed in the process. Meanwhile, the milk's "friendly" bacteria produced lactic acid, giving this ancient yogurt a distinctive, pleasant taste and smell that you would recognise today.

There are a number of different types of yogurts, each of which has its own particular advantages:

Natural Yogurt: has no added flavours or sweetening and is enjoyed by many for its fresh, tangy taste and versatility in cooking. It contains at least 3% milk fat.

Flavoured Yogurt: combines natural yogurt with flavours to make a more flavoursome tasty dessert or snack. It contains at least 3% milk fat.

Fruit Yogurt: combines natural yogurt with fresh fruit, sweetened or sugar fruit pulp. It contains at least 2% milk fat.

Drinking Yogurt: is homogenised before and after fermentation and cooking. It can be blended with fruit juice and has a thinner consistency than yogurt.

Probiotic Yogurts: containing beneficial cultures that help reinforce the body's natural balance which can be upset by stress, poor eating habits or the natural ageing process.

All these yogurt varieties come in Regular and Low Fat varieties and some in Diet varieties:

Regular Yogurt contains at least 3% milk fat.

Regular Fruit Yogurt contains at least 2% milk fat.

Low Fat Yogurt (regular and fruit) contain less than 0.5% milk fat.

Diet Yogurts are low in fat and contain artificial sweeteners for those who want a lighter product.

It was only this century that Doctors discovered these bacteria were in fact, yogurt's secret ingredients.

When live "good" bacteria, known as "cultures" are added to a milk mixture, warmed and then left to mature, we get a great tasting, nutritious snack - yogurt.

Made from milk with added skim milk, yogurt is also a great source of calcium for helping to grow strong bones. Nestlé only uses premium quality milk from neighbouring dairy farms to make their yogurts.

This milk is first pasteurised to destroy any bacteria that would stop the yogurt making process. The milk is then concentrated by evaporation and blended to ensure a thicker yogurt.

The blended milk mix is then homogenised, like milk bought from a milk bar or supermarket, to evenly distribute the fat throughout the milk and make a creamier, even thicker yogurt.

The mixture is then cooked at 93°C for 7 minutes. This sterilises and removes air so the milk can begin 'growing' the yogurt bacteria when it is cooked down to 42°C. Live cultures are now added and fermentation into yogurt takes from 4 to 6 hours.



How we make your favourite yogurt

