

Yoghurt

Not Just for Breakfast!

酸乳酪—不只是早餐!



What Is Yoghurt?

Yoghurt is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are beneficial bacteria and are known as yoghurt cultures. The culture ferments lactose, the natural sugar found in milk. This produces lactic acid, which gives yoghurt its texture and characteristic tart flavour.

How to Choose a Healthy Yoghurt and Enjoy Its Benefits

Avoid commercial yoghurt with added sugar, sweeteners, fruit juice concentrates, high-fructose corn syrup and flavouring; they lose many of yoghurt's healthy attributes.

Instead, start "clean" with plain yoghurt and add a bit of honey to taste. As long as you are eating the right type of yoghurt, you are in for tons of health benefits. Below are some of the amazing benefits from eating yoghurt regularly:

1. An excellent source of protein

Yoghurt provides a high-quality source of protein and the fermentation process improves the digestibility of the milk protein—casein. Without this fermentation process, casein can be hard to digest, which may cause allergic and undesirable reactions within the body.

2. Improves lactose tolerance

The culturing process also helps to partially digest lactose, making it easier to absorb and less allergenic. This seems to improve lactose tolerance in children and adults who are lactose intolerant.

3. A rich source of vitamins and micronutrients

Yoghurt is a rich source of several vitamins and minerals, such as vitamin B12, calcium, phosphorus and riboflavin.

4. Improves the bioavailability of nutrients

The lactic acid in the yoghurt aids in digestion and increases absorption. As a result, the amount of nutrients yoghurt provides for the body is more than that of the same volume of milk.

5. Boosts immunity

The bacterial cultures in yoghurt have been shown to stimulate infection-fighting white cells in the bloodstream. Researchers also found that those who ate two cups of live-culture yoghurt daily produced higher levels of immunity boosting interferon.

6. Aids healing after intestinal infections

The live bacterial cultures in yoghurt can help replenish the intestines with friendly bacteria. Therefore, yoghurt is commonly used for restoring normal bacteria in the intestine after a course of antibiotics and for treating antibiotic-associated diarrhoea and acute diarrhoea in children. Research shows that children recover faster from diarrhoea when eating yoghurt.

酸乳酪是什么?

酸乳酪是用牛奶进行细菌发酵而制成的。用来制作酸乳酪的细菌，被称为酸乳酪培养菌。这种培养物使乳糖(牛奶中的天然糖)发酵。这会产生乳酸，从而使酸乳酪具有其质感和特有的酸味。

如何选择健康酸乳酪，享受它的好处

避免添加了糖、甜味剂、浓缩果汁、高果糖玉米糖浆和调味料的商业酸乳酪：它们已经失去了许多酸乳酪的健康属性。反之，选择原味酸乳酪，如果需要，可加点蜂蜜调味。只要吃的酸乳酪类型正确，您就会获得酸乳酪的大量健康益处。下面是一些经常喝酸乳酪的好处：

1. 酸乳酪是一种优质的蛋白质来源

酸乳酪是一种优质的蛋白质来源。发酵过程提高乳蛋白的消化率。如果没有这个发酵过程，酪蛋白会很难消化，这可能会在体内引起过敏和不良反应。

2. 改善乳糖耐受性

培养过程也有助于部分消化乳糖，使其更容易被吸收和减少过敏。这似乎可以改善乳糖不耐症儿童和成人的乳糖耐受性。

3. 维生素和微量营养素的丰富来源

酸乳酪是几种维生素和矿物质的丰富来源，如维生素B12、钙、磷和核黄素。

4. 提高营养物质的生物利用度

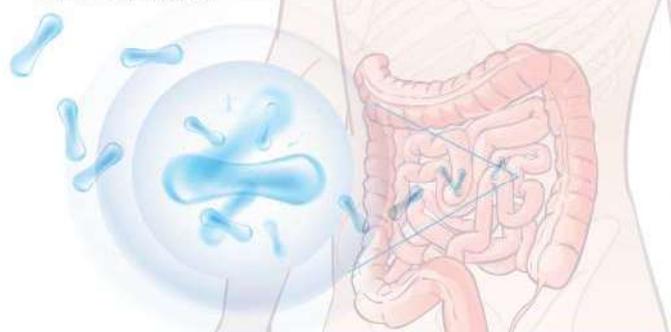
酸乳酪中的乳酸有助于消化和增加吸收。因此，酸乳酪为身体提供的营养物质比同容量的牛奶要多。

5. 提高免疫力

酸乳酪中的活菌培养物已被证明能刺激血液中抗感染的白血球。研究人员还发现，每天喝两杯益生菌酸乳酪的人生产更高水平的免疫增强干扰素。

6. 帮助肠道感染后的治愈

酸乳酪中的活菌培养物可以帮助肠道补充有益细菌。因此，在经过一个疗程的抗生素后，服用酸乳酪可增加友好的肠道菌群；酸乳酪也有助治疗抗生素相关性腹泻和儿童急性腹泻。研究也显示，吃酸乳酪有助于儿童从腹泻中更快地恢复。



7. Contributes to colon health

Yoghurt contains lactobacteria, a gut-friendly bacterial culture that fosters a healthy colon. Lactobacteria, especially acidophilus, promotes the growth of healthy bacteria in the colon and reduces the conversion of bile into carcinogenic bile acids. The more of these gut-friendly bacteria that are present in your colon, the lower the chance of colon diseases including colon cancer.

Secondly, as mentioned earlier, yoghurt is a rich source of calcium. Calcium discourages excess growth of the cells lining the colon, which can place a person at high risk for colon cancer. Calcium also binds cancer-producing bile acids and keeps them from irritating the colon wall. People who have diets high in calcium, for example the Scandinavians, tend to have lower rates of colorectal cancer.

8. Helps decrease yeast infections

Some women use yoghurt inside the vagina for treating vaginal yeast infections and vaginal bacterial infections in pregnancy. Yoghurt is also used for preventing urinary tract infections.

9. Lowers cholesterol

There are a few studies that have shown that yoghurt can reduce blood cholesterol. This may be because the live cultures in yoghurt can assimilate the cholesterol or because yoghurt binds bile acids (which has also been shown to lower cholesterol), or both.

10. A valuable health food for both children and elderly persons

For children, it is a balanced source of protein, fats, carbohydrates and minerals in a texture that kids love. More importantly, yoghurt helps children grow better because the lactic acid in the yoghurt improves the digestibility of the protein and increases the absorption of nutrients.

For senior citizens, who usually have more sensitive colons or whose intestines have run out of lactase (an enzyme that breaks down lactose), yoghurt is also a valuable food. Also, aging can cause declining levels of bifidus bacteria in the guts, which can lead to the growth of toxin-producing bacteria, and perhaps even cancer-causing bacteria. The live bacterial cultures in yoghurt can help replenish the intestines with friendly bacteria.

7.有益于结肠健康

酸乳酪含有乳酸菌，这是一种有利于肠道的细菌培养物，能培养健康的结肠。乳酸菌，尤其是嗜酸菌，可促进结肠中健康细菌的生长，减少胆汁转化为致癌胆汁酸。结肠中肠道友好型细菌越多，患结肠癌等结肠疾病的几率就越低。

第二，如前所述，酸乳酪是钙的丰富来源。钙可以抑制结肠内壁细胞的过度生长，而这种生长可能会使人处于患结肠癌的高风险中。钙还能与致癌胆汁酸结合，防止它们刺激肠壁。饮食高钙的人，例如北欧人，患结肠直肠癌的几率往往较低。

8.有助于降低感染阴道炎

有些妇女在阴道内使用酸乳酪治疗阴道真菌感染及妊娠期阴道细菌感染。酸乳酪也用于预防泌尿道感染。

9.降低胆固醇

一些研究表明酸乳酪可以降低血液中的胆固醇。这可能是因为酸乳酪中的活性菌可以吸收胆固醇，或者是因为酸乳酪能结合胆汁酸(胆汁酸也被证明可以降低胆固醇)，或者两者兼是。

10.老少咸宜的健康食物

对儿童来说，它是蛋白质、脂肪、碳水化合物和矿物质的均衡来源，又是孩子们喜欢的凝乳状。更重要的是，酸乳酪有助儿童更好地生长，这是因为酸乳酪中的乳酸提高了蛋白质的消化率，增加了人体对营养物质的消化和吸收。

另一方面，老年人的结肠通常比较敏感，而且他们的肠道或者已经用完了乳糖酶(一种分解乳糖的酶)，因此酸乳酪对老年人来说，也是一种有价值的食物。此外，年龄的增长还会导致肠道内双歧杆菌数量下降，从而导致产生毒素的细菌生长，甚至可能导致致癌细菌的生长。酸乳酪中的活菌培养物可以帮助肠道补充有益细菌。



使用酸乳酪的神奇方法

酸乳酪不仅仅是早餐！原味酸乳酪能从多方面被善用，如成为食物、用作美容及家庭使用。以下是一些神奇的使用方法：

在厨房里

1. 涂在鱼上：在鱼上涂上一层酸乳酪与香料，烤鱼的外皮就会变得爽口酥脆。
2. 腌制鸡肉：在烘烤或烧烤鸡腿前，先涂上一层酸乳酪和黄咖喱粉或是黄姜粉。酸乳酪内的乳酸能帮助软化鸡肉。
3. 将几汤匙的酸乳酪加入番茄酱可以做出奶油味的马里纳拉酱。
4. 软化炒鸡蛋：煎蛋前可加入一些酸乳酪，让炒蛋变软。
5. 制作一个低脂奶油沙拉酱：将新鲜磨碎的蒜瓣拌入酸乳酪，再加入亚麻籽油、柠檬汁及新鲜香草一起搅拌。
6. 制作冷冻酸乳酪棒：将原味酸乳酪与新鲜或冷冻的水果(香蕉、芒果或浆果都是不错的选择)混合，然后倒入模具冷冻。

Magical Ways to Use Yoghurt

Yoghurt is not just for breakfast! Here are some amazing ways to use plain yoghurt for food, beauty and home:

In the kitchen

1. Smear it on fish: a coating of yoghurt and herbs gives baked fish a crispy, tasty crust.
2. Marinate chicken: the lactic acid in yoghurt helps to tenderize the chicken. Rub chicken thighs with yoghurt and yellow curry powder or turmeric powder before grilling or baking.
3. Make a creamy marinara sauce by adding a few spoons of natural plain yoghurt to a basic tomato sauce.
4. Soften scrambled eggs: whip in a dollop of yoghurt before frying.
5. Make a creamy, low-fat salad dressing: stir some freshly grated garlic cloves into yoghurt and whisk in flaxseed oil, lime juice and fresh herbs.
6. Make frozen yoghurt pops: mix plain yoghurt with fresh or frozen fruit (banana, mango or berries are good choices), pour it into moulds and freeze.

7. Make frozen yoghurt bark: line a baking sheet with wax paper and spread the yoghurt in an even layer, about ¼ to ½-inch thick. Top with chopped berries, chocolate and nuts. Freeze until firm. Break into shards and keep frozen until ready to serve.
8. Whip up a smoothie: 1 cup of yoghurt, 1-2 teaspoons of honey, 1 tablespoon of flax seed oil, 1 tablespoon of extra virgin coconut oil, fruits and some ice cubes. Blend well until smooth.
9. Prepare an overnight muesli: mix 1 cup muesli with 1 cup of yoghurt. Refrigerate overnight in a jar. Serve with honey, nut butter and fresh fruits.
10. Swap in for butter when baking: try replacing half the butter with half as much yoghurt. The lactic acid in yoghurt helps to relax the gluten in flour and make dough extra moist. This can provide you with perfectly moist banana bread and fluffier waffles, pancakes or cinnamon rolls!
11. Substitute for cream cheese: yoghurt cheese is creamy like regular cream cheese but gives you better protein and nutrients with a touch of tartness and fewer calories. To make yoghurt cheese, place two cups of yoghurt in a strainer lined with cheesecloth. Allow to sit overnight. In the morning, you'll have about one cup of delicious, spreadable yoghurt cheese. Add some herbs for extra flavour.
12. Healthy replacement for mayonnaise (mayo) and sour cream: yoghurt works well in stuffed eggs, potato salad, chicken salad and tuna salad. Not only does it contain fewer calories and less fat, yoghurt has a characteristic tang that contrasts well with the richness of these dishes.

Beauty Uses

1. Fight acne: the antibacterial and anti-fungal properties of yoghurt can help fight acne. Apply yoghurt to the skin, allow it to sit for 30 minutes and then wash it off with lukewarm water.
2. Improve skin clarity: the lactic acid in yoghurt is an alpha-hydroxyl acid. When used daily, it may result in improved skin clarity. Try these homemade facial masks:
 - Anti-aging mask: in a small bowl, mix ¼ teaspoon spirulina powder, ¼ teaspoon honey, and 1 teaspoon yoghurt. Apply and rinse off with a warm wash cloth after 10 to 15 minutes, or until dry.
 - Exfoliating mask: mixing yoghurt with a little ground oatmeal or almond. Apply the mixture to the face, neck and chest. Wash off after 10 minutes, or when dry.
3. Soothe psoriasis: slather yoghurt over the affected areas and leave on the skin for 30 minutes. Rinse with lukewarm water.
4. Relieve sunburn: yoghurt contains zinc which soothes sunburn skin and helps relieve itchiness. Apply in a thick layer, then wash it off after 20 minutes.

Household

Polish brass: rub plain yoghurt onto tarnished brass. As the yoghurt dries, its lactic acid will dissolve the tarnish. Rinse off the dried yoghurt with water. Dry and buff to a shine using a soft cloth.



7. 制作冷冻酸乳酪皮：在烘焙纸上均匀涂上一层大约 ¼ 至 ½ 英寸厚度的酸乳酪，并撒上野果、巧克力及坚果。使其冷冻凝固后切成块状，并放入冰箱冷冻储存。
8. 制作冰沙：将1杯酸乳酪、1-2茶匙蜜糖、1汤匙亚麻籽油、1汤匙特级初榨椰子油、水果及些许冰块倒入搅拌机，并搅拌至顺滑。
9. 制作隔夜麦片：将1杯麦片与1杯酸乳酪混合，放入冰箱冷藏一夜。隔天可配上蜜糖、坚果酱及新鲜水果食用。
10. 在烘焙时替代牛油：试着用一半的酸乳酪代替食谱中一半的牛油。酸乳酪中的乳酸有助于松软面粉中的面筋，使面团变得格外湿润。这样一来，您的香蕉面包就会更加湿润；华夫饼、煎饼以及肉桂卷更加松软了。
11. 替代奶油乳酪：酸乳酪带淡淡的酸味，与普通奶油乳酪的口感相似，但它能带给您更优质的蛋白质、更高的营养及更低的卡路里。制作酸乳酪的方法如下：将两杯酸乳酪倒入内衬奶酪布的过滤器中，搁置一夜。隔天清晨，您便可享用一杯可口的酸乳酪。您可依个人喜好加入些许香料增添口味。
12. 美乃滋与酸奶油的健康替代品：酸乳酪就是一个很美味的替代品。不仅能与鸡蛋、马铃薯沙拉、鸡肉沙拉及金枪鱼沙拉很好地配合，酸乳酪含有更低卡路里和更少的脂肪。

美容用途

1. 对抗粉刺：酸乳酪的抗菌性质有助于对抗粉刺。将酸乳酪涂抹在皮肤上静置30分钟，并用温水清洗干净。
2. 改善肤质：酸乳酪中的乳酸是一种果酸。只要每天使用，就能提亮肌肤。您可尝试自制以下面膜美颜：
 - 抗老美颜面膜：在一个小碗内倒入¼茶匙的螺旋藻粉、¼茶匙的蜜糖以及1茶匙的酸乳酪，并搅拌均匀。将混合液涂抹在皮肤上，静置10-15分钟或待至干后，用温的湿毛巾擦干净。
 - 去角质面膜：将酸乳酪与一些燕麦粉或杏仁粉混合均匀。将混合物涂抹在脸部、颈部与胸部，静置10分钟或待至干后清洗干净。
3. 缓解牛皮癣：将酸乳酪敷在敏感处，静置30分钟后用温水清洗干净。
4. 舒缓晒伤：酸乳酪含有锌，能舒缓晒伤的皮肤，帮助缓解瘙痒。在受影响部位涂上一层厚厚的酸乳酪，静置20分钟后清洗干净。

家庭使用

擦亮黄铜器：将酸乳酪擦拭在失去光泽的黄铜上。在酸乳酪变干的同时，其乳酸会溶解污垢。最后，用清水把酸乳酪清洗干净，再用一块柔软的布将黄铜抹干擦亮。

