

Distinguish, differentiate, compare and explain what is the difference between Kefir and Yogurt. Comparison and Differences.

Difference between Kefir and Yogurt

Kefir is a fermented milk product. It came from the Caucasus Mountains in Eastern Europe. Commercial Kefir is obtained from a milk product. Heating it removes possible pathogenic bacteria. Then, a mixture of bacteria and yeasts is added up for fermentation. This starter culture has a cauliflower-like appearance and are kefir grains. This is what gives kefir a unique taste and texture. Home-grown Kefir only requires grains. The bacteria used in kefir production is *Lactobacillus caucasicus*. It turns the lactose to lactic acid. This results in its tangy taste. Meanwhile, the yeasts, *Saccharomyces kefir* and *Torula kefir*, ferment lactose into a small amount of carbon dioxide and alcohol.

Yogurt is another fermented milk product which is made through bacterial fermentation of milk. The bacteria used in the production of yogurt is known as *yogurt cultures*. In the process of fermentation, the lactose (milk sugar) turns into lactic acid as a by-product. This gives yogurt its tangy taste and texture.

Both kefir and yogurt are cultured or fermented milk products. However, their main difference lies on the strains of probiotics they contain as well as the amount. Another difference between the two is that the beneficial bacteria that is in yogurt are only transient. This means these bacteria only reside in the intestines for a certain period of time. However, these bacteria maintain the balance of the digestive system. On the other hand, kefir contains probiotics which are more likely to colonize the intestinal tract. This means that probiotics from kefir are able to multiply and establish their colony for a longer time.