

Cow milk is one of the most common sources to prepare Yogurt. However, it can also be created using water buffalo, goats, ewes, mares, camels, and yaks. Yogurt (also spelled yoghurt), is one of the most popular fermented dairy products in the world, made by adding live bacteria to milk. Eaters will get a dose of animal protein (about 9 grams per 6-ounce serving), plus several other nutrients of dairy foods, like calcium, vitamin B-2, vitamin B-12, potassium, and magnesium. Here on this page, we will see some of the useful health benefits of Yogurt. In India, yoghurt and honey are known as "the food of the gods" and are a part of festivals and offerings.

## **Health Benefits of Yogurt / Health Benefits of Curd**

### **Lowers Risk of High Blood Pressure**

Consuming fat-free and low-fat yogurt may help lower your risk of developing high blood pressure. Special proteins in dairy regulate BP. Also, high levels of calcium, magnesium, and potassium contribute to the blood pressure-lowering effect.

### **Rich in Minerals and Vitamins**

Yogurt is also very healthy as a part of the daily diet. It is a good source of calcium, phosphorus, riboflavin-vitamin B2, iodine, vitamin B12, pantothenic acid-vitamin B5, zinc, potassium, protein, and molybdenum.

### **Boost Immune System**

Yogurt is also high in probiotics that can help a person live longer. The bacteria can also help boost the immune system.

### **As an Ingredient**

You can eat as a snack, in preparing dips, as an ingredient in soups, sauces, and desserts.

### **Relieves in Stomach Ailments**

Yogurt is also a good option for people who suffer from stomach ailments, such as diarrhea.

### **Useful for Weight Loss**

Consumption of low-fat yogurt can also aid in weight loss and may help to prevent osteoporosis. Adequate nutrition plays a major role in the prevention and treatment of osteoporosis, and the micronutrients of greatest importance are calcium and vitamin-D.

### **Discourage Vaginal Infections**

Yogurt With Active Cultures May Discourage Vaginal Infections. Even though most of the women had poor blood sugar control. Throughout the study, the vaginal pH (a measure of acidity or basicity) of the group eating yogurt with active cultures drops from 6.0 to 4.0 (normal pH is 4.0-4.5). These women also reported a decrease in candida infections. The women eating the yogurt without active cultures remained at pH 6.0.

### **Feel Fuller**

Yogurt May Help You Feel Fuller.