

Yogurt Drinks and Probiotic Drinks: What are They About?

Yogurt drinks and probiotic drinks have been marketed on a large scale in recent years. They all claim to ease bowel movement and to be good for health. What are their health benefits in fact?

What are yogurt drinks and probiotic drinks?

Both yogurt drinks and probiotic drinks contain probiotics. Yogurt drinks are in fact yogurt diluted with water, so their protein and calcium content is lower than that of yogurt. As for probiotic drinks, their content is mainly water and sugar, with very little milk, even though they also contain probiotics.

A comparison of the nutritional value of yogurt, yogurt drinks and probiotic drinks (as per 100 g)

	Yogurt	Yogurt drinks and probiotic drinks
Protein (g)	3-4.5	0.8-2.9
Calcium (mg)	110-170	35-98

Source: Consumer Council

It is worthwhile to note that as certain species of probiotics produce lactic acid that turns their products sour, the manufacturers of yogurt drinks and probiotics drinks often use a large amount of sugar to disguise the sourness.

How to choose yogurt drinks and probiotic drinks?

Quite a number of yogurt drinks and probiotics drinks have a sugar content of more than 7.5 g per 100 ml.

These drinks have a high sugar content and are not suitable for frequent consumption.

If you want to get probiotics, yogurt is recommended because of its higher nutritional value.

To know more about ...

- ✧ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>
- ✧ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>