

## Health Benefits

### Health Benefits of Frozen Yogurt

One major health benefit all natural frozen yogurts have is its probiotic content. Frozen yogurt contains live bacterial cultures which assists digestion.

According to the National Center for Complementary and Alternative Medicine (NCCAM), a division of the National Institutes of Health (NIH), there is some evidence that specific probiotics are helpful for urinary tract infections and irritable bowel syndrome. It may also reduce the recurrence of bladder cancer and prevent and manage atopic dermatitis (eczema) in children. Probiotic content is good bacteria that the body needs to boost its immune system, enhance digestion and is even believed to lower cholesterol levels.

In addition to probiotic content, another health benefit frozen yogurt has over ice cream is that the amount of lactose found in frozen yogurt appears to be more digestible than the lactose in milk commonly used to make ice cream. For people who are lactose intolerant, this is particularly important.

Frozen yogurt contains enzymes that assist in breaking down dairy, allowing many people with lactose intolerance to enjoy frozen yogurt with little or no ill effects.

In conclusion, frozen yogurt does have additional health benefits over ice cream including greater digestibility and the presence of probiotic cultures, as well as lower fat and sugar content.

**Source:** [www.yogurtbarsf.com/blog/](http://www.yogurtbarsf.com/blog/)

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