

Frequently Asked Questions about Yogurt

Q.	<i>What is Yogurt?</i>
A.	<i>Yogurt is milk which is fermented using friendly bacteria. Fruit and sugar may be added for flavour or stabilisers to increase the smooth and creamy texture.</i>
Q.	<i>What is the difference between yogurt and dairy food?</i>
A.	<i>Dairy food does not contain live bacteria, and is usually not fermented, therefore not acidic.</i>
Q.	<i>What is a Natural yogurt?</i>
A.	<p><i>A “Natural” yogurt is one that contains NO added flavors /fruit, however some brands do contain stabilisers.</i></p> <p><i>Natural yogurts may be sweetened or unsweetened Yoplait Natural Sweetened yogurt only contains cane sugar and no stabilisers.</i></p> <p><i>An “Unsweetened” Yogurt has no sugar added, and is suitable for diabetics and savoury style cooking recipes.</i></p> <p><i>Yoplait Natural and Yoplus Trim are both unsweetened.</i></p>

Q.	<i>What are cultures</i>
A.	<p><i>Cultures are the microscopic bacteria that use the milk proteins and carbohydrates to grow yogurt. The bacteria grows at extremely fast rates, and after 5 hours fermentation reaches a final concentration of at least 1million , bacteria cells per gram of yogurt.</i></p> <p><i>The cultures or bacteria used for yogurt manufacture are, among others: Lactobacillus bulgaricus, Lactobacillus acidophilus and Streptococcus thermophilus. The cultures chosen are dependent on the texture, flavour and sharp/sour (lactic acid) that is required for the yogurts unique taste.</i></p>
Q.	<i>Can my child eat adult yogurts?</i>
A.	<p><i>You can offer adult yogurts to your child from 12 months of age, but please note:</i></p> <ul style="list-style-type: none"> <i>• Children under the age of 2 years require full fat varieties of yogurt, such as Yoplait Original yogurt, for healthy growth and development.</i>

	<ul style="list-style-type: none"> • ‘Lite’ and ‘Diet-lite yogurt varieties are not nutritionally suitable for young children. • Adult yogurts contain larger fruit pieces that maybe of a firm texture and unsuitable for young children • Adult yogurts may contain sugar and can be strongly flavoured.
Q.	What is Halal gelatine?
A.	<i>This is the gelling compound used to help thicken yogurt, made from by-products of animals killed in the Muslim traditional fashion</i>
Q.	What is Aspartame?
A.	<p><i>One of the sweeteners in Yoplait Diet-lite yogurt is Aspartame, which contains phenylalanine.</i></p> <p><i>Phenylalanine is an amino acid and one of the building blocks that makes up protein. It is found in protein-containing foods such as meats, grains and dairy products.</i></p> <p><i>Some people suffer from a medical condition known as Phenylketonuria or PKU which means they are unable to break down phenylalanine.</i></p>
Q.	What is the health warning “PHENYLKETONURICS: CONTAINS PHENYLALANINE” mean?
A.	<i>Phenyketonurics (PKU) are people who suffer from an inherited disorder where the essential amino acid, phenylalanine (a component of Aspartame/Nutrasweet) is incompletely digested by the body. The build up of the byproduct may lead to brain dysfunction in these individuals. PKU is detected at birth by the routine “heel prick” test on all new born infants, and its effect can be controlled by moderating the intake of phenylalanine.</i>
Q.	Is yogurt a good source of Calcium?
A.	<i>Yogurt is made with milk fortified with additional milk solids, including naturally occurring Calcium. Typically a cup of yogurt has 50% more calcium and protein than the equivalent volume of milk.</i>
Q.	How many pots of Yoplait do you make a week?
A.	<i>Yoplait produces up to 1 million pots per week for the New Zealand domestic market from its sole production site in Palmerston North, NZ.</i>

Q.	<i>How does storage temperature affect yogurt?</i>
A.	<i>Yogurt is an acid product which inhibits the growth of food poisoning organisms over the normal range of refrigeration temperatures. Yeasts and moulds can, however, tolerate these acid conditions and although their surface growth is, in most cases relatively harmless, it is unsightly. Keeping the storage temperature as low as possible slows down the growth of the organisms thus prolonging the shelf life of yogurt - between 1 - 4 °C is ideal.</i>