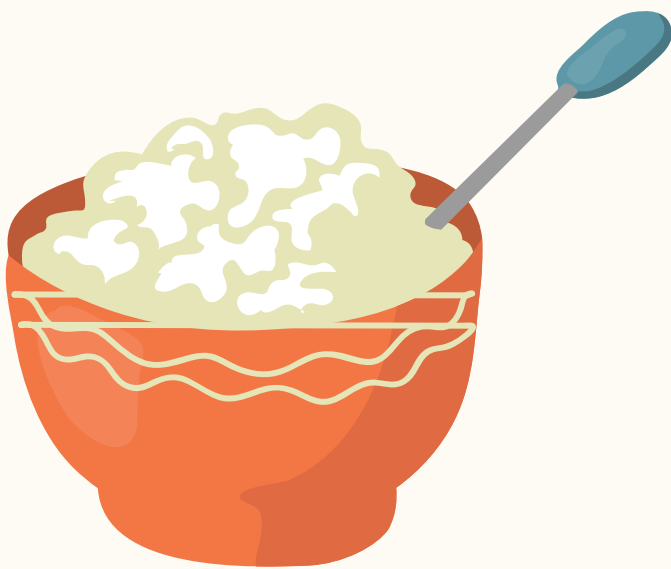


# PROBIOTICS:

## Good Bacteria In The Dairy Aisle

### Probiotics in Dairy

Dairy products like yogurt, kefir, and certain cheeses contain probiotics, beneficial for gut health.



### Nutrient-Rich Dairy

Dairy is rich in calcium, protein, and vitamins essential for bone health and overall well-being.



### Probiotic Dairy Options

Yogurt, kefir, and some cheeses provide probiotics, supporting digestion and immune function.



### Incorporating Probiotic Dairy

Add yogurt or kefir to smoothies, use yogurt in breakfast bowls, and include cheese in snacks and meals. Soy beverages and yogurt are recommended for those with lactose intolerance.



FAMILY & COMMUNITY HEALTH



Learn More