

ISSUE

31

Inside MATTERS

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Every body. Every day.

Have you tried our NEW Yakult LIGHT?



SAME ON THE
OUTSIDE
IMPROVED
ON THE INSIDE

NOW
WITH EVEN
LESS
SUGAR

Yakult
Every body. Every day.

NEW Yakult LIGHT is the SAME on the OUTSIDE and IMPROVED on the INSIDE!

The newly reformulated Yakult LIGHT has been in supermarkets across Australia and New Zealand from November 2017.

You've been telling us about your sugar concerns and we've been listening. **Our NEW Yakult LIGHT** aims to be a solution for those who still want to enjoy a fermented milk drink but have some concerns about sugar content and use of artificial sweeteners.

Every bottle of our NEW Yakult LIGHT contains **40% less calories** than Yakult Original and **less than three grams of sugar**. This is because we are now using **STEVIA** which originates from the '*stevia rebaudiana*' plant, native to South America where for centuries the stevia leaves have been used in sweetening things such as teas. Stevia is about 200-300 times sweeter than sugar, so a little goes a long way!

Every 65ml bottle still contains the same 6.5 billion of the beneficial bacteria, *Lactobacillus casei* Shirota strain, and has a great refreshing taste.

We hope this helps the members of our community who are conscious of their sugar intake to be able to continue enjoy drinking a bottle of Yakult every day.

Have you noticed what else is NEW on Yakult packs?

Country of Origin statements will need to be on almost all packaged foods from July 2018. This allows you to see where your food is made and the percentage of ingredients that are from Australia. At Yakult Australia we try to source our ingredients locally. Yakult products are made in Australia from at least 99% Australian ingredients for Yakult Original and 88% Australian ingredients for Yakult LIGHT!



Find out how Yakult LIGHT is made

Book in for a free factory tour and discover how we make our little bottles!

Free call: 1800 640 023
Email: info@yakult.com.au



Stevia leaf
and sugar

Have your say on NEW Yakult LIGHT

Let us know your feedback on NEW Yakult LIGHT by our contact form on www.yakult.com.au or our free call number:

Australia: 1800 640 023
NZ: 0800 YAKULT (925 858)

Tips from our dietitian...



Dairy Myth Busting

Milk, cheese and yoghurt or the 'dairy' food group often cops the blame for causing many health issues, with many people cutting out this core food group from their diet. This potentially means these people may be missing out on key nutrients. But how many of these rumours are backed by research?

1. Milk and Dairy foods can cause an increase in mucus

Numerous scientific studies have shown that milk does not cause or increase mucus production. A thin temporary layer that coats the mouth while drinking milk is often mistaken for mucus, but it is actually milk's natural creamy texture.

2. Milk, Cheese and other Dairy foods are fattening

Some dairy foods such as cream and ice cream are high in calories and fall under the discretionary food category in the Australian Guide to Healthy Eating. Although our core dairy foods, such as milk, cheese and yoghurt, contain some fat, they also contain over 10 other key nutrients including protein, calcium and vitamin B12. One of the main types of fat in dairy foods is saturated fat; this was thought previously to be a bad fat in all foods. However, recent research has demonstrated that some saturated fat in dairy foods may have some protective benefits to our health, such as in cardiovascular health. Studies have also shown those people who consume adequate dairy (regular and reduced fat varieties) are more likely to be within a healthy weight range.

3. Dairy foods increase inflammation in the body

Dairy foods have not been shown to increase the state of inflammation in the body. Dairy has been shown, in recent review of the current clinical evidence, to have significant anti-inflammatory properties. The only time dairy causes inflammation is when there is an allergy at play.

Dairy foods can play an important role within a nutritious diet. If you believe you have issues digesting dairy and are unable to include this within your diet, please see a Healthcare professional to make sure you are getting enough of the essential nutrients found in dairy.

Adding yoghurt to your muesli, ricotta or feta cheese to a salad or pasta, or having a glass of milk after the gym are perfect ways to include more dairy in your diet. About three serves of dairy foods per day is the recommended amount for Australian adults.

Another great function of dairy foods such as milk is that they are a great medium for our probiotic bacteria in Yakult to grow and ferment by using lactose in milk as their food source!

Your questions

Is Yakult suitable for those with lactose intolerance?

Yakult and **Yakult LIGHT** contain only a small amount of lactose (approximately 1.0g of lactose per bottle) and are suitable for most people who are lactose intolerant. Yakult is made from cow's milk which contains lactose as the predominant sugar. However, Yakult's unique probiotic bacteria, the *Lactobacillus casei* Shirota strain, breaks down a majority of the lactose within the milk for energy to ferment and duplicate to the 6.5 billion in every 65ml bottle. Many people with lactose intolerance are still able to tolerate small amounts of lactose within the diet.

Editor's desk



Welcome to another new year and a new edition of Inside Matters. I'd like to take this opportunity to introduce myself: I am Cor Nie Tan, the new Education Coordinator and the editor of Inside Matters. I have a Bachelor of Nutrition and Dietetics and a Master of Teaching (Secondary). Growing up in a multilingual environment, I can converse in several languages.

We hope that you enjoy reading this edition of Inside Matters where we introduce our new Yakult LIGHT recipe, tips from our dietitian on dairy myth busting and answer your question regarding lactose intolerance.

If you have any comments you would like to provide in regard to Inside Matters, **please send your feedback via our contact form on www.yakult.com.au** or on our free call number **1800 640 023**.

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