



Nutritional File: Kefir

Kefir is a fermented milk drink which can easily be made from home. It is jam packed full of good bacteria which, unlike their cousin yogurt, can attach to your colon wall and colonise your gut. The nutritional benefits are well known. 1 cup of traditional plain kefir made with whole milk contains the following (although this can differ depending on the variety of cow, and where it lives):

Calories: 150

Fat: 8g (Sat fat—5g)

Carbohydrates: 12 g

Protein: 8-11g

Vitamins and minerals: high levels of vitamin B12, calcium, magnesium, vitamin K2, biotin, folate, enzymes and probiotics

Probiotics found in kefir products include *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Streptococcus thermophilus*, *Lactobacillus delbrueckii* subsp. *bulgaricus*, *Lactobacillus helveticus*, *Lactobacillus kefirianofaciens*, *Lactococcus lactis*, and *Leuconostoc* species.