



Boost your Energy Level by eating more Yoghurt

Eating yoghurt is an excellent way to boost your energy level to keep up with your busy schedule. Yoghurt really is a high-energy food, plus there are many delicious ways to include more servings of yoghurt in your diet.

How to Use Yoghurt to Boost Your Energy Level:

1. Improve your tyrosine levels. One key reason why yoghurt gives you energy is because it contains the amino acid tyrosine, which converts into the chemicals dopamine and adrenaline to give your body a pleasantly stimulated feeling. Tyrosine will wake you up much like coffee without the jittery sensations and insomnia that caffeine can cause.

2. Get complete protein. Yoghurt is an excellent source of high quality protein. ***Just one 8 ounce serving of plain yoghurt will give you about 20% of your Daily Value for protein.*** This enables your body to make its own proteins to maintain your muscles and organs.

3. Enjoy a rich source of calcium. Calcium is an essential nutrient for bone health. ***An 8 ounce serving of yoghurt provides about 30% of your Daily Value for calcium.*** For women who limit their consumption of other dairy products, yoghurt is an excellent way to reduce the risk of osteoporosis, that way fragile bones won't interfere with an energetic and active lifestyle.

4. Benefit from friendly bacteria. You've probably heard of probiotics – friendly bacteria that can help you stay healthy and protect you from many diseases. The FDA requires that yoghurt contain specific bacteria. For even better protection, look for the "Live & Active Culture Seal" indicating that the yoghurt contains at least 100 million bacteria per gram at the time of production.

5. Keep your colon healthy. Instead of buying expensive colon cleansers whose benefits haven't been fully proven, you can keep your intestines healthy by eating yoghurt. ***The lactobacteria, especially acidophilus, encourage the growth of friendly bacteria and help lower the risk of colon cancer.***

6. Manage lactose intolerance. More than one quarter of adults have trouble digesting most dairy products. It's hard to feel energetic if you're suffering from symptoms like cramping, bloating, and diarrhoea. The live and active cultures in yoghurt make it easier to digest than milk so you can get the nutrients you need without intestinal upset.

7. Get relief from yeast infections. For many women, the best thing about yoghurt is its ability to fight yeast infections. Because it contains acidophilus, yoghurt has been shown to decrease yeast growth in some women. If you suffer from yeast infections, yoghurt can help you get your energy back.

Delicious Ways to Eat Yoghurt:

1. Eat yoghurt for breakfast. Substitute yoghurt for milk with your breakfast cereal or mix in some nuts and dried fruit. Use yoghurt as a topping on whole wheat pancakes or waffles.

2. Have yoghurt for lunch. Eat a container of yoghurt or try a drinkable yoghurt. You can buy packaged smoothies or make your own with fresh fruit and plain yoghurt. Use yoghurt instead of mayonnaise in your tuna salad. Dip cut vegetables or toasted pita in a dip made from yoghurt and your favourite seasonings.

3. Make yoghurt your dessert. Frozen yoghurt has less live and active cultures than the regular version, but it can still be a relatively healthy treat. Check the label for fat content and added sugar. Serve low fat vanilla yoghurt instead of whipped cream with cake or pie.

Eating yoghurt regularly can help keep you energised and healthy. It's an easy way to get essential nutrients and help protect yourself from diseases that could interfere with an active lifestyle.

To listen to a sample or purchase the MP3 for Boosting your Energy by eating more Yoghurt that accompanies this Mind Guide, please [click here](#) (available shortly)