



## Bray People-Life supplement


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### Yo! Why is yoghurt so good for you?

Yoghurt is not just a delicious snack - it has great health benefits. It's an excellent source of protein, calcium, riboflavin and vitamin B12. Because of the added cultures in the yoghurt, it helps improve your natural defences. It encourages those 'friendly bacteria' we hear about to multiply in the gut. These bacteria help to digest food and prevent stomach infections. So you can see why it's great to get children interested in yoghurt from a young age. Glenisk have just given their range of organic yoghurts an overhaul, so there's something for everyone in the family. Kids will love their fromage frais, while mum and dad can indulge in the Underground range of decadent low fat desserts.

