

Mayo Clinic Minute

What is kefir?

Video	Audio
	You might see it on the grocery shelves or have a friend who makes it at home. It looks like yogurt and contains more friendly bacteria than yogurt. But what is it?
Anya Guy Dietitian Mayo Clinic	"Kefir is a fermented milk made from a variety of yeasts and bacteria."
	Mayo Clinic dietitian Anya Guy says kefir is rich in protein, calcium, B vitamins and probiotics.
	"Probiotics have live organisms that help add to the population of microbes in your gut."
	This drinkable supplement's been associated with improved digestion and decreased inflammation ...
	"... [but] keep in mind that while probiotics and kefir may show positive effects on diseases, the research is most likely in beginning stages."
	For those who enjoy making the probiotic-rich drink at home, it's important to always use pasteurized milk to avoid foodborne illness.
	As for the taste, ...
	"...it's good with smoothies."
	For the Mayo Clinic News Network, I'm Vivien Williams.