

A QUICK GUIDE TO KEFIR

What is kefir?

Kefir is a fermented food traditionally made by fermenting milk using kefir grains.

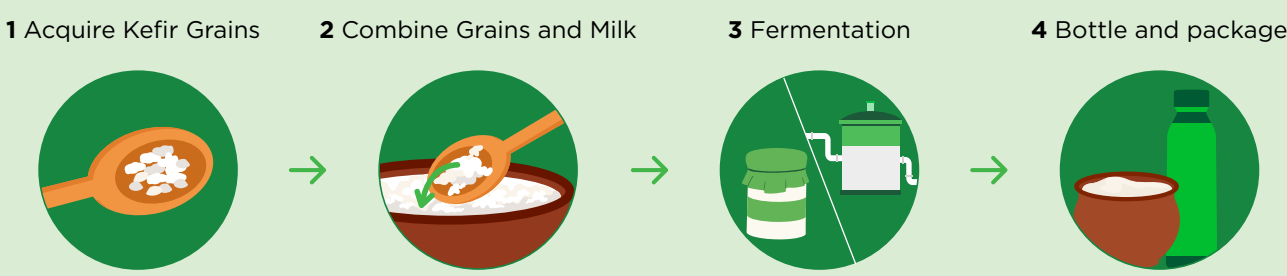


Types of Kefir

KEFIR MADE WITH AUTHENTIC GRAINS

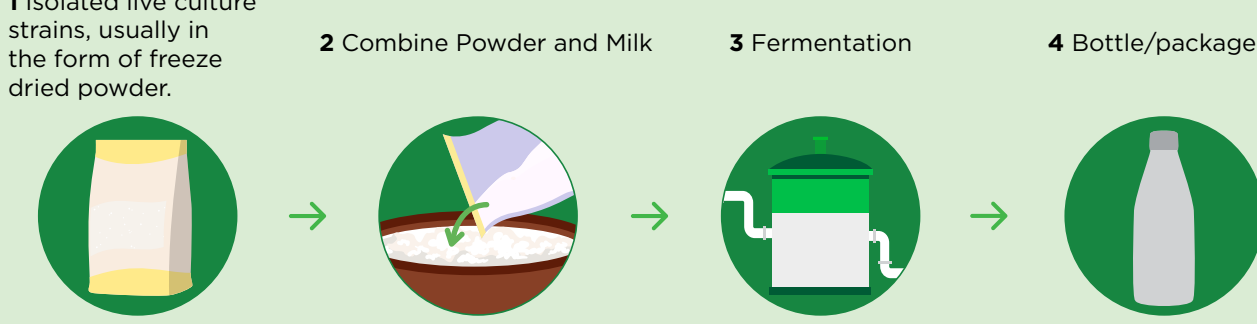
Homemade kefir, as well as Kefir made by certain commercial manufacturers use kefir grains which are added to milk. These grains look like small florets of cauliflower and are sometimes retrieved for use in future batches. Kefir in this way typically contains a wide mix of bacterial cultures and yeasts¹.

Activia Kefir is made using authentic kefir grains.

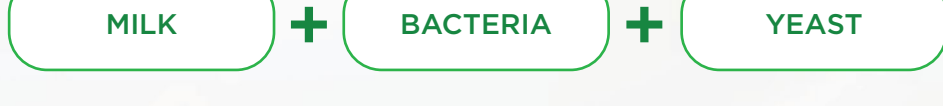


KEFIR MADE WITH ISOLATED CULTURES









Rather than using the kefir grains themselves, some kefir is made using cultures isolated from kefir grains in addition to other cultures containing freeze-dried lactic acid bacteria and/or yeasts. Kefir produced in this way may contain a lower diversity of cultures than those produced using kefir grains¹.

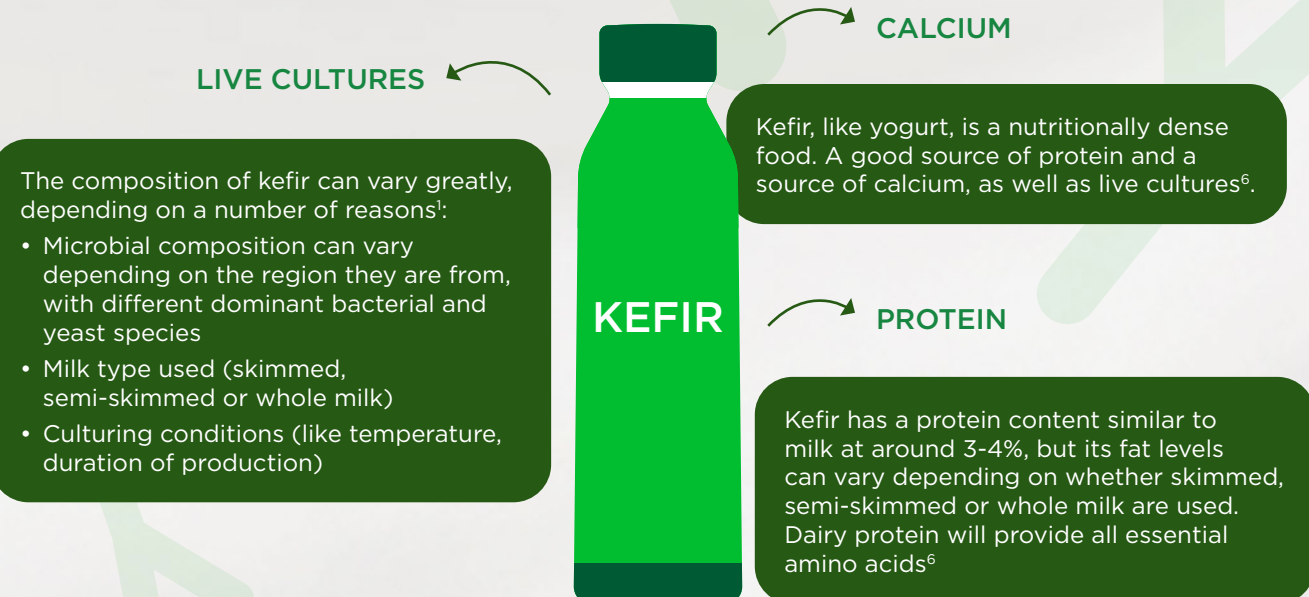


KEFIR COMPOSITION




Different types of yeast and bacteria can impact the fermentation process in many ways. The unique kefir grains explains why kefir can vary in taste, texture and nutritional composition.

Bacteria e.g. <i>lactobacillus</i> , <i>lactococcus</i> , <i>streptococcus</i>	Yeasts e.g. <i>debaryomyces hansenii</i> :
 Feed on lactose, producing lactic acid which gives kefir a unique tangy flavour ¹	 Some feed on lactose ⁸
 Lowers the pH and coagulates milk protein. Lower pH levels ensures the presence of calcium and magnesium in their ionic forms, which increases the rate of absorption ⁴	 Some feed on other sugars
 Influences B vitamin concentrations ⁵	 The fermentation of the sugars produces carbon dioxide and ethanol, which contributes to the slight effervescence and flavour of kefir ⁹
	 Some work symbiotically with lactose acid bacteria to help create an environment that supports the growth and activity of microbes ¹
	 Also produce vitamins such as B vitamins during fermentation ¹



DIFFERENCES BETWEEN YOGURT AND KEFIR

The primary distinction between yogurt and kefir lies in their fermentation processes, especially the microorganisms added. This produces slightly different end products, which often differ in taste, texture and nutritional composition.



	YOGURT	KEFIR
Origin	No single origin	Caucasus region
Main ingredients	Milk, bacterial starter culture (<i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> and <i>Streptococcus thermophilus</i>) + voluntary additional strains (e.g. <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> CNCM I-2494)	Milk, kefir grains and lactose-fermenting and non-fermenting yeasts (or isolated kefir live cultures and yeasts)
Contains live bacteria	✓	✓
Contains yeast	✗	✓
No. strains	At least 2	Variable, but often 10 or more
Texture	Thick, creamy	Similar to buttermilk, thinner in texture though may be strained for a spoonable texture

To find out more information on **Activia yogurts** and **Activia kefir**, click the link below

ACTIVIA PRODUCTS →

KEFIR HEALTH BENEFITS

Read our blog on **The Health Benefits of Fermented Dairy** to find out more on kefir health benefits

References:

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