



Yoghurt

If you want to improve your digestive health, choose 'live' yoghurt. It encourages healthy bacteria in your gut to thrive, and inhibits the growth of harmful bacteria and yeasts. A small pot of live yoghurt contains around a billion bacteria: this may sound like a lot, but you need to eat it on a regular basis to enjoy the benefits.

Yoghurt helps to relieve gastrointestinal disorders, diarrhea, constipation, irritable bowel syndrome and food poisoning. It may also help to prevent bad breath. Yoghurt is often used as an external treatment for thrush and there is growing evidence that it may help to strengthen the immune system.

It does not matter whether it is natural or has added fruit – but make sure it is low-fat and sugar free. As an added bonus, yoghurt is a great source of calcium.