



# The Green Barn

## Isle of Wight Dairy Goats

# Kefir

Kefir is a fermented milk drink, cultured from Kefir grains.

It is a rich source of **calcium**, **protein**, and **B-vitamins**. Kefir contains high levels of Vitamin B12, calcium, magnesium, vitamin K2, biotin, folate, enzymes, and probiotics, making it incredibly **beneficial for digestion** and gut health.

Because of kefir's unique set of nutrients, it has been shown to benefit the body in **7 main ways**:

- ◆ Boost Immunity
- ◆ Build Bone Density
- ◆ Fight Allergies
- ◆ Heal Inflammatory Bowel Disease
- ◆ Improve Lactose Digestion
- ◆ Kill Candida
- ◆ Support Detoxification

Kefir does not have a standardized nutrition content, with the content values varying based on the Milk, Cultures, and Region it is produced. Yet, even with the range in values, Kefir has superior nutrition.

**Generally, a 175-ml serving of milk Kefir contains:**

- ◆ Calcium: 20% of the RDA
  - ◆ Phosphorus: 20% of the RDA
  - ◆ Vitamin B12: 14% of the RDA
  - ◆ Riboflavin (B2): 19% of the RDA
  - ◆ Magnesium: 5% of the RDA
  - ◆ Protein: 6g
  - ◆ A decent amount of Vitamin D
  - ◆ Calories: 100
  - ◆ Carbohydrates: 7-8g
  - ◆ Fat: 3-6g
- ◆ Kefir also contains a wide variety of bioactive compounds, including organic acids and peptides that contribute to its health benefits.
  - ◆ Kefir contains about 30 different microorganisms, making it a much more potent source of probiotics than other fermented dairy products.
  - ◆ Kefir contains the unique probiotic *Lactobacillus kefir*, and the carbohydrate kefiran, both of which can protect against harmful bacteria.
  - ◆ Kefir made from dairy is an excellent source of calcium. In the case of full-fat dairy, it also contains Vitamin K2. These nutrients have major benefits for bone health.
  - ◆ Probiotics like Kefir can treat several forms of diarrhoea. They can also lead to major improvements in various digestive problems.
  - ◆ The lactic acid bacteria have already pre-digested the lactose in Kefir. People with lactose intolerance can often eat Kefir without problems.

**The name Kefir is derived from the Turkish word keyif, which means “feeling good” after eating.**

*(Please note: All information has been sourced from Dr.Axe.com - a site by a certified doctor of natural medicine.)*