

# Q&A Emmi Greek Style Yogurt

## Why is Emmi Greek Style Yogurt a healthy snack?

Emmi Greek Style Yogurt contains valuable proteins and is low in fat, making it a modern, delicious snack. With its high protein content, it contributes to a healthy modern diet and leaves you feeling full. The special manufacturing process ensures that the highly nutritional whey proteins remain in the yogurt. This not only leaves you feeling fuller for longer, but also gives Emmi Greek Style Yogurt a particularly creamy texture, making it a special treat.

## Why is protein so important?

Proteins are the building blocks of your body's cells, notably for muscular and connective tissue, and are essential for maintaining body functions. The protein we eat contains essential amino acids, which the body requires to synthesise its own proteins. The body can only store protein in limited quantities, so it's important that these supplies are regularly topped up by consuming protein-rich foods such as fish, meat, pulses, nuts, eggs and dairy products. Whey proteins have particularly high nutritional value, as the essential amino acids they contain are very easily absorbed by the body and can be synthesised into the body's own proteins. Proteins are

particularly important for the changing nutritional requirements of older people with respect to muscle recovery after exercise and strengthening the immune system.

## Who is Emmi Greek Style Yogurt particularly geared towards?

With its high protein and low fat content, Emmi Greek Style Yogurt contributes to a balanced diet, while tasting deliciously creamy. This makes it suitable for people who want a modern, health-conscious diet, but who still care about taste.

## When is the best time to enjoy Greek Style Yogurt?

**For breakfast:** For a boost of energy to start your day. Tip: Emmi Greek Style Yogurt can also be enjoyed with muesli or fruit

**As a snack:** A snack to leave you feeling full until lunch

**For lunch:** Enjoy as part of a light meal, such as salad, instead of bread

**In the afternoon:** An afternoon energy booster that is more balanced and longer-lasting than chocolate, for example

**In the evening:** Enjoy as an after-dinner treat, instead of a dessert

**After exercise:** To give you a valuable energy boost and help with muscle recovery.

Expert nutritional advice:

Brigitte Christen-Hess, Certified Dietician HF

