

ISSUE

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Celebrating

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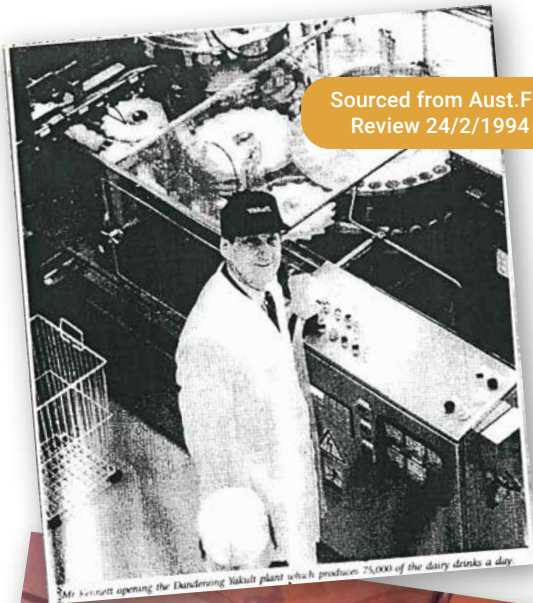
YEARS

Inside
MATTERS

SEP | 2019 | SPRING EDITION

Every body. Every day.

Yakult Australia celebrates 25th year Anniversary



Sourced from Aust. Fin Review 24/2/1994

In 1994, Victoria's Premier, Mr Kennett officially opened the \$30 million Yakult plant at Dandenong, Victoria.

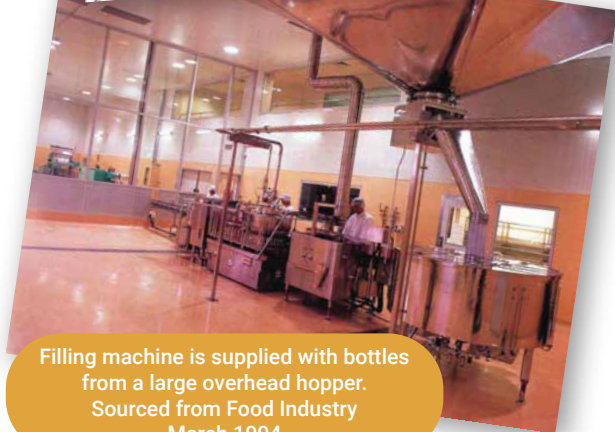
The Yakult business originated from Japan in 1935. Australia was the first English-speaking country to manufacture and distribute Yakult.

Australia's large dairy industry and technical expertise in the processing of the primary ingredient – skim milk, was one of the reasons this country was chosen by Yakult Honsha in Japan to expand their business here.

With 40 locally based employees, of whom seven were Japanese managers and advisors, the factory produced 75,000 bottles of Yakult per day to meet the demand during the first-year operations in 1994.

The Yakult Original 5-pack was launched in Melbourne in 1994, with sales expanded progressively to all states in Australia by 1999. Yakult Family 10-pack was launched nationally in 2001 and Yakult Light was introduced to the market in 2004. In the same year, the Yakult Original 5-pack was introduced to the New Zealand market in June. Today, the company employs over 120 people throughout Australia and New Zealand and the manufacturing plant can now produce between 350,000 – 400,000 bottles daily.

The origins of our fermented milk drink can be traced back to 1930-1935 when Dr. Minoru Shirota, from Kyoto University discovered a strain of bacteria that helps to maintain our digestive balance. Since the beginning of operations in Australia, each 65 ml bottle of Yakult contains at least 6.5 billion of the live probiotic – *Lactobacillus casei* Shirota strain.



Filling machine is supplied with bottles from a large overhead hopper. Sourced from Food Industry March 1994

Interested to see how much we have expanded in our factory?

Book a factory tour now!

Visit our website

www.yakult.com.au

and fill in the booking form.

Yakult Mascots



Previous Yakult Mascot Galooper (discontinued in 2008)



Current Yakult Mascot Yakult Man

Follow us on social media!

We are now live on Facebook and Instagram. Follow us to get the latest news and updates!

 Yakult Australia

 @yakult_australia

Tips from our dietitian...



Perri Yiu

What has the gut got to do with diabetes?

More than you may think. As research in gut health continues to grow, we are finding more links between the bacteria residing in the gut and medical conditions, including diabetes. We have trillions of bacteria inside our gut. Some are beneficial while others have potentially harmful effects, such as the production of toxins within our digestive tract. Maintaining the balance of beneficial and potentially harmful bacteria within the gut is therefore necessary to achieve optimal health and prevent chronic diseases such as diabetes.

Research has found that people with diabetes have lower ratio of beneficial bacteria to potentially harmful bacteria when compared with healthy people. Beneficial bacteria which can produce anti-inflammatory factors and/or have a role in insulin sensitivity, were found in lower numbers in people with diabetes.

What can we do to have a better-balanced gut?

Eat lots of vegetables, fruit and wholegrains

In order for our beneficial bacteria to thrive, we need to keep them well fed. Vegetables, fruits and wholegrains contain fibres and resistant starches which are a food source for the beneficial bacteria in our gut. When the beneficial bacteria in our gut are well fed, they can be present in higher numbers, help to provide energy sources for the cells in our gut and improve absorption of minerals such as calcium. If we do not eat foods which provide a good food source for our beneficial bacteria, we can starve the bacteria and lower their presence in our gut. In severe cases, we can lose families of beneficial bacteria. If this happens, we cannot get them back! Let's feed them well so they can serve us well.

Manage stress

Stress management is important not only for our mental health but our gut health as well. Research in recent years have found our gut and our brain are connected and can influence each other. An imbalance of our gut bacteria can negatively impact our mental health and vice versa. Our gut also plays an important role in other body systems such as the immune system. Stress can influence the balance in our gut, weaken its barrier and increase inflammation, which also weakens our immune system. Some stress management strategies include meditation, deep breathing and exercise. Find something that helps you to relax.

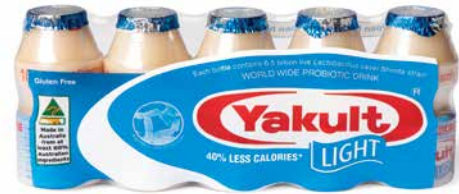
Include a regular probiotic

Probiotics are live beneficial bacteria, when taken in adequate amounts, can provide a health benefit. Some probiotics, such as the *Lactobacillus casei* Shirota strain in Yakult, has been shown to increase the beneficial bacteria that is already naturally present in your gut. Probiotics need to be consumed on a regular basis for them to be consistently present in your gut. That is why Yakult is designed for "Every body Every day". Why not include a bottle of Yakult in your daily routine?

Your questions

Is Yakult suitable for Diabetics?

Yes. People with diabetes can enjoy Yakult as part of a healthy diet. If you would like a lower sugar option, try our Yakult LIGHT which has 75% less sugar and 40% less calories than Yakult Original.



Editor's desk



Cor Nie Tan

It is our 25th birthday this year and I have had fun going through our archives of newspapers and magazines to find the early photos and information on the company to share with you, our readers and loyal supporters of Yakult. We also have a couple of employees who started working at Yakult Australia while the factory was still under construction and thus, are celebrating their 26th year working anniversary this year!

In April this year, we were fortunate to be invited as one of the exhibitors at Diabetes Expo which was organised by Diabetes Victoria. We had a good response from the attendees and would love to continue to provide more information about probiotics and its benefits for diabetes. We hope that you enjoy reading the tips from our dietitian – Perri Yiu, who is making her debut on Inside Matters!

Finally, we would like to express our appreciation to all our supporters. We endeavour to provide our best service possible and would love to continue supporting your gut health as we have since 1994. If you have any feedback, we would love to hear from you! Free call 1800 640 023 or email us at info@yakult.com.au.

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