# Article information:

Yogurt Starter Culture - Dairy Probiotic 10 Pack – Country Trading Co.
<https://www.countrytrading.co/products/probiotic-yogurt-culture>

# Article summary:

1. The Yogurt Starter Culture from Country Trading Co. contains 10 sachets of starter culture, each making 1 litre of live yogurt with 4 strains of live yogurt bacteria including probiotics.

2. The starter culture is made in small batches in NZ for maximum live culture counts and has a long shelf life.

3. The article provides tips on how to make perfect yogurt at home, including using a kitchen thermometer and a yogurt maker, and suggests using a wide range of dairy milk or plant-based options depending on personal preference.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Yogurt Starter Culture - Dairy Probiotic 10 Pack – Country Trading Co." provides information on a yogurt starter culture that can be used to make homemade yogurt. The article highlights the benefits of making yogurt at home, including cost-effectiveness and control over ingredients. However, the article appears to be promotional in nature and lacks critical analysis.

One potential bias in the article is its focus on the benefits of using this specific yogurt starter culture. While it does mention that customers rave about the difference in results using fresh cultures, there is no discussion of other options for making homemade yogurt or any potential drawbacks of using this particular product.

Additionally, the article makes unsupported claims about the probiotic content of the yogurt made with this starter culture. It states that one tablespoon contains over 20 billion live probiotics, which is about the same as seven probiotic capsules. However, there is no evidence provided to support this claim or any explanation of how it was determined.

The article also promotes specific equipment needed for making homemade yogurt, such as a kitchen thermometer and a stainless steel yogurt maker. While these may be helpful tools for some people, they are not necessary for making yogurt at home and could be seen as promoting unnecessary purchases.

Furthermore, while the article mentions different types of milk that can be used with this starter culture, it does not provide any information on potential risks associated with consuming raw milk or dairy products for individuals with lactose intolerance or other allergies.

Overall, while the article provides some useful information on making homemade yogurt and using this specific starter culture, it appears to have a promotional bias and lacks critical analysis of alternative options and potential risks.

# Topics for further research:

* Risks of consuming raw milk or dairy products for individuals with lactose intolerance or allergies
* Alternative options for making homemade yogurt
* Comparison of different yogurt starter cultures
* Health benefits of probiotics in yogurt
* Homemade yogurt recipes without specialized equipment
* Cost-effectiveness of making homemade yogurt compared to store-bought options

# Report location:

<https://www.fullpicture.app/item/7ca63878a8f43419ba3b5b9587317c79>