



<https://pixabay.com/en/yogurt-fruit-vanilla-strawberries-1442033/>



<https://pixabay.com/en/raspberries-yogurt-nature-frisch-1925178/>

### Did You Know?

Yogurt is a cultured milk product that is soured and thickened by the action of specific lactic acid-producing cultures added to milk. The lactic acid produced by the culture coagulates the milk protein, thickening the milk and adding the characteristic sour flavor. Today, yogurt is consumed all over the world, both on its own, and as an ingredient in other foods. Yogurt is available in a wide variety of plain, flavored, and fruit yogurts.

**Question: Can you name types of yogurt?**

**Answer: Greek, Goat's milk, Sheep's milk, Soy, Almond milk**

Source: <https://www.healthyeating.org/Milk-Dairy/Nutrients-in-Milk-Cheese-Yogurt/Yogurt-Nutrition>



<https://pixabay.com/en/haile-appetizer-cold-appetizers-812649/>



<https://pixabay.com/en/dessert-apple-baked-apple-vanilla-1932969/>

### Ways To Enjoy Yogurt

- ◆ Make yogurt dips
- ◆ Create a layered parfait
- ◆ Turn into a smoothie
- ◆ Top with fruit & nuts
- ◆ Use as substitute for sour cream

Source: <http://eatfresh.org/discover-foods/yogurt>



<https://pixabay.com/en/cocktail-breakfast-fruit-2295728/>

### Selecting & Storing

#### Look for:

- ◆ Check the "best buy" date on the container

#### Avoid:

- ◆ Artificial colors, flavorings, or sweeteners

#### Storage:

- ◆ Keep yogurt in the refrigerator in its original container
- ◆ Use by the "best buy" date

Source: <http://eatfresh.org/discover-foods/yogurt>



<https://pixabay.com/en/yogurt-dairy-refrigerator-2722678/>

### Nutritional Benefits

- ◆ Good source of Magnesium and Potassium
- ◆ Excellent source of Calcium, Phosphorus, Riboflavin, Vitamin B12, and Protein

\* Amount based on 1 cup Yogurt, plain, low fat (8 oz. cup)

Source: <https://ndb.nal.usda.gov/ndb/foods/show/106?manu=&fgcd=&ds=Standard%20Reference>



<https://pixabay.com/en/yogurt-yoghurt-production-1097524/>