

DAIRY MAKES SENSE

Yogurt

FACTS AND TIPS

Did you
know?

- Yogurt is an excellent source of calcium and potassium..
- Yogurt contains live and active cultures, or probiotics. Probiotics can help maintain a healthy digestive system.
- Yogurt makes a quick and easy breakfast, dessert or snack. It also makes a great dip or topping.



TASTY YOGURT TREATS

GO NUTS

Top low-fat vanilla yogurt with a few crushed pecans and a sprinkle of cinnamon.

CUCUMBER COMBO

Mix diced cucumber with 1 cup low-fat plain yogurt, mint and a pinch of salt.

Spread on pita wedges.

HONEY FRUIT DIP

Mix fat-free yogurt with a dollop of honey for a sweet fruit dip.

Lactose Intolerant?

TRY YOGURT!

The cultures in **yogurt** help to break down the lactose, making it easier to digest.



WHAT IS A SERVING SIZE

OF YOGURT?



8 OUNCES

YOGURT GREEK VS. TRADITIONAL

- Greek yogurt is thicker because it is strained differently.
- Greek yogurt can pack up to double the protein.
- Any type of low-fat yogurt, Greek or traditional, fits into a healthy diet.

FRUIT & PASTA TOSS

Servings: 4

- 8 ounces whole wheat spiral pasta, uncooked
- 1 ½ cups cubed cantaloupe (about ½ of cantaloupe)
- 1 ½ cups cubed pineapple (about ½ of cantaloupe)
- 1 ¼ cups strawberries, sliced
- 1 cup halved seedless grapes
- 1 ½ cups (12 ounces) low-fat vanilla yogurt



Cook pasta according to package instructions, drain and cool in refrigerator for 10 minutes.

While pasta is cooking, prepare fruit and place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving.

This recipe and other dairy delicious recipes can be found at

MidwestDairy.com



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