



Yogurt

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- Yogurt is a mixture of milk (whole, reduced-fat, low-fat or non-fat) and cream fermented by a culture of lactic acid-producing bacteria.
- Sweeteners (e.g., sugar, honey, aspartame, sucralose), flavorings (e.g., vanilla, coffee) and other ingredients (e.g., fruits, preserves, stabilizers such as gelatin) may be added.

Benefits

- Like other dairy foods, yogurt provides protein, calcium, vitamins and other minerals.
- Yogurt with active cultures may aid digestion, ease diarrhea, boost immunity, fight infection and protect against cancer. (These specific health benefits depend on the strain and viability of the culture in yogurt. This is why it is important to choose yogurt with a seal indicating it contains live, active cultures.)

Beneficial for Lactose Intolerance

- Many yogurts contain lower amounts of lactose than milk. As yogurt ferments, some of the lactose (milk's sugar) changes to lactic acid. Importantly, starter cultures in yogurt may produce the enzyme lactase, which digests lactose.
- Yogurt's semi-solid state also contributes to improved tolerance to lactose.



A Nutritional Look at Yogurt

Food: 1 cup (8 oz.)	Calories (Kcal)	Fat (g)	Protein (g)	Calcium (mg)
Yogurt				
Whole milk, plain	150	8.0	8.5	296
Low-fat, plain	155	4.0	11	448
Low-fat, vanilla	208	3.0	11	419
Low-fat, fruit	238	3.0	11	384
Non-fat, plain	137	0.4	14	488
Milk				
Whole Milk	149	8.0	8	276
2% Milk	122	5.0	8	293
1% Milk	102	2.5	8	305
Skim Milk	83	0	8	299

Source: USDA Nutrient Database for Standard Reference, 2013

Storing and Handling Yogurt

- Yogurt should be stored in closed containers in the refrigerator at 40°F to maintain quality. Most yogurt will keep for a couple of weeks refer to the label for the recommended "use by" date. Freezing is not recommended for cultured dairy foods.



Delicious Yogurt Ideas!

- Top a fresh fruit salad with vanilla yogurt.
- Make a fruit dip by adding a little vanilla to lemon yogurt.
- Substitute low-fat plain yogurt for mayonnaise in tuna, egg or potato salad.
- Make your favorite dip mix with low-fat plain yogurt instead of sour cream to maximize nutrition and taste.

Smoothies

Make your own smoothie. Pick one from each column.



1/2 Cup of Beverage of Your Choice	1/2 Cup (4 oz.) Yogurt of Your Choice	1 1/2 Cups of Frozen Fruit of Your Choice*
Orange Juice	Plain, Vanilla or fruit-flavored	Berries
Pineapple Juice	Non-fat or low-fat	Pineapple
Low-fat Milk		Peaches

Directions: Place beverage, yogurt and frozen fruit in a blender. Cover and blend on high speed for 30 seconds. Serve Immediately. Makes two, 8-oz servings.

*If you choose fresh or canned fruits, add a couple of ice cubes.

For variety, add vanilla or coconut extract, cocoa powder, peanut butter or whatever you like. For a thicker smoothie, add a banana or ice cubes and use less beverage.

Pina Colada Smoothie

1/2 cup milk
 1/2 cup vanilla non-fat yogurt
 1 1/2 cups frozen pineapple chunks
 1 teaspoon vanilla extract
 1 teaspoon coconut extract

Directions: Place ingredients in a blender. Cover and blend on high speed for 30 seconds. Serve Immediately.



Banana-Berry Smoothie

1/2 cup milk
 1/2 cup vanilla non-fat yogurt
 1 cup frozen mixed berries
 2 bananas, sliced

Directions: Place ingredients in a blender. Cover and blend on high speed for 30 seconds. Serve Immediately.

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