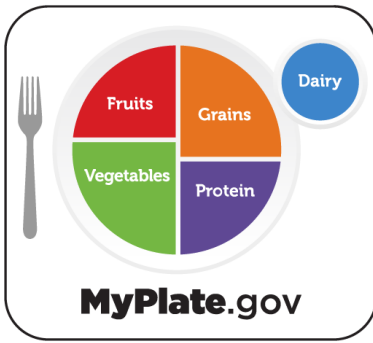




United States Department of Agriculture



Yogurt, High Protein, Vanilla, Blueberry, Strawberry, Nonfat

MyPlate Food Group: **Dairy**

USDA
Foods

Nutrition Information

- The Dairy Group includes milk, cheese, and yogurt.
- 1 cup, or 8 oz, of yogurt counts as a 1 cup equivalent of dairy in the MyPlate.gov Dairy Group.
- Yogurt, as well as milk and cheese, contain calcium, Vitamin D, and potassium. Calcium and Vitamin D help bones and teeth stay strong. Diets rich in potassium may help to maintain healthy blood pressure.
- Yogurt supplies additional nutrients such as protein, phosphorus, Vitamins A and B (riboflavin and B12), zinc, selenium, and iodine.
- Eat a variety of dairy foods to improve nutrient intake and health benefits.

Uses and Tips

- Yogurt is available in 4 oz cups and a 32 oz tub, and requires refrigeration for storage and distribution.
- Top yogurt with fresh, frozen, or dried fruit or layer the ingredients to make a parfait!
- Add ground cinnamon to yogurt and use as a dip for fresh fruit.
- Make a frozen yogurt bark by spreading yogurt on a lined baking sheet, top with your favorite fruit and granola, and freeze until firm for a refreshing snack.

Storing Foods at Home

- Yogurt should be kept refrigerated at 40 degrees Fahrenheit or below, until ready to eat.
- After opening, store any leftover yogurt in a separate, tightly covered container in the refrigerator.
- Refer to the product's packaging for more information on proper storage.

MyPlate Facts

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.



USDA Foods

Apple Salad with Sweet & Tangy Yogurt Dressing

Makes 6 servings

Ingredients

- 1 cup diced apple
- 1 teaspoon lemon juice
- ½ cup diced celery
- ½ cup grated carrots
- ½ cup raisins
- ½ cup non-fat or low-fat vanilla yogurt

Directions: Wash hands with soap and water.

1. Wash apples, celery, and carrots before dicing and grating.
2. Toss apples with lemon juice.
3. Add celery, carrots, and raisins to the apples.
4. Fold yogurt into apple mixture.
5. Cover. Chill for at least 1 hour before serving.
6. Refrigerate leftovers.

Recipe adapted from MyPlate Kitchen

Overnight Oatmeal with Berries

Makes 1 serving

Ingredients

- ½ cup low-fat milk
- ¼ cup non-fat or low-fat yogurt, any flavor
- 2 teaspoons honey
- ¼ teaspoon cinnamon (optional)
- ¼ teaspoon vanilla extract (optional)
- ½ cup uncooked rolled oats
- ¼ cup blueberries or strawberries, frozen

Directions: Wash hands with soap and water.

1. In a container or jar with a lid, combine milk, yogurt, honey, cinnamon, and vanilla extract, if using.
2. Add oats and mix well.
3. Gently fold in frozen fruit.
4. Store in the refrigerator overnight to allow the oats to soften.
5. Enjoy cold or heat as desired.

Recipe adapted from MyPlate Kitchen