

# YES TO YOGURT

Choose yogurt every day for your health.



Just like milk, a serving of yogurt provides **key nutrients** you and your family need - such as **calcium, protein, vitamins, and minerals.**

It goes well with a variety of foods and tastes great too!



New England  
**Dairy**

[NewEnglandDairy.com](http://NewEnglandDairy.com)

# HOW DOES YOGURT COMPARE?

One cup of low-fat yogurt packs  
about as much **PROTEIN** as...

1/2 cup of  
cooked  
pinto beans



Two tablespoons of  
peanut butter



An egg

One cup of low-fat yogurt packs  
about as much **CALCIUM** as...

10 cups of raw spinach



3 cups of cooked  
pinto beans

3 cups of  
cooked broccoli



# YOGURT AND LACTOSE INTOLERANCE



Many people who are lactose intolerant can still enjoy yogurt.

Did you know yogurt is low in lactose and has healthy bacteria (**probiotics**) which help the body digest lactose?

## WHAT'S ALL THE BUZZ ABOUT...

## GREEK? YOGURT?

What makes Greek yogurt so special is its thick and creamy texture and tangy flavor. Depending on the brand, Greek yogurt can pack up to **double the protein** and roughly half the carbohydrates of regular yogurt. In fact, a typical 6-ounce serving of Greek yogurt packs as much protein as 3 ounces of lean meat, helping you **feel fuller longer.**



Yogurt, whether regular or Greek, can be part of a healthful diet, and there are many ways to enjoy it throughout the day.

# WAYS TO EAT YOGURT

There are a lot of ways to use yogurt.

You can dip it, spread it, freeze it,  
add fruit to it, or even eat it plain.

Here are some ways to enjoy it all day long...

## BREAKFAST



Make a parfait with granola and your favorite fruit.

**Top waffles and pancakes with a scoop of yogurt and sliced fruit.**

Make a protein-packed smoothie by adding yogurt.

## LUNCH



**Dress up plain yogurt with cucumbers, dill, and lemon for a tasty veggie dip.**

Add creaminess to tomato soup by putting a dollop on top.

**Try plain yogurt in tuna, chicken, or egg salad for a lower-calorie option than mayo.**

## DINNER



Replace sour cream with plain yogurt to pair with quesadillas, tacos, and chili.

**Marinate poultry in yogurt and spices for a tender and flavorful dish.**

Make your own creamy dressing with plain yogurt - delicious and healthful.

## SNACK



**Dress up plain yogurt the way you like it. Add cinnamon, honey, fruit, nuts, or coconut for flavor and texture.**

Combine yogurt with peanut butter for a fresh and tasty dip for apples.

**Yogurt ice pops are the perfect sweet treat. Layer yogurt, honey, and fruit into a popsicle mold. Let it freeze and enjoy!**

# SUBSTITUTION SOLUTIONS

## A GUIDE TO SWAPPING YOGURT INTO RECIPES

| Instead of:       | Try:                                 |
|-------------------|--------------------------------------|
| 1 cup sour cream  | 1 cup plain yogurt                   |
| 1 cup butter      | 1/2 cup butter + 1/2 cup yogurt      |
| 1 cup mayo        | 1 cup plain yogurt                   |
| 1 cup heavy cream | 1/2 cup heavy cream + 1/2 cup yogurt |
| 1 cup oil         | 1/3 cup oil + 2/3 cup yogurt         |
| 8 oz cream cheese | 4 oz cream cheese + 1/2 cup yogurt   |



# FRUITY CHICKEN SALAD

(4 SERVINGS)

Source: Adapted from National Dairy Council

## **Ingredients:**

- 2 1/2 cups (1/2 inch pieces) baked or grilled skinless, boneless chicken breasts
- 3/4 cup plain, fat-free yogurt
- 1 teaspoon curry (optional)
- 1/4 cup cubed mango or canned peaches
- 1 cup dried, sweetened cranberries
- 1/4 cup walnuts, coarsely chopped
- 1/3 cup Cheddar cheese, cut into small cubes



Grill chicken breasts, cut into small pieces and set aside. In a medium bowl, blend yogurt and curry (optional) with a whisk and stir in chicken, mango or canned peaches, cranberries, walnuts, and Cheddar. Mix well and serve on lettuce leaves if desired.

## Nutritional Facts\*\*

Calories: 380; Total Fat: 14 g; Saturated Fat: 4 g; Cholesterol: 90 mg; Sodium: 220 mg; Protein: 32 g; Carbohydrates: 33 g; Fiber: 2 g

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# CREAMY ITALIAN YOGURT DRESSING

(3 SERVINGS)

Source: New England Dairy & Food Council

## **Ingredients:**

- 1 cup fat-free yogurt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 2 tablespoons lemon juice (or vinegar)
- 1 tablespoon sugar
- 1/4 teaspoon salt
- black pepper to taste



Combine all ingredients in a small bowl and serve on salad greens.

## Nutritional Facts\*\*

Calories: 20; Total Fat: 0 g; Saturated Fat: 0 g; Sodium: 90 mg; Protein: 1 g; Carbohydrates: 4 g; Fiber: 0 g

\*\*Nutritional facts may vary based on ingredients used.

# CUCUMBER YOGURT DIP

(3 SERVINGS)

Source: National Dairy Council

## Ingredients:

- 1 1/2 cups plain low-fat yogurt
- 1/2 cup diced, seeded cucumber
- 1/8 teaspoon garlic powder
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- 1 teaspoon lemon juice
- Salt and pepper, to taste



Combine all ingredients; stir to blend. Serve with raw or blanched vegetables such as carrots, celery, tomato, or zucchini.

## Nutritional Facts\*\*

Calories: 80; Total Fat: 2 g; Saturated Fat: 1 g; Sodium: 87 mg; Protein: 7 g; Carbohydrates: 9 g; Fiber: 0 g

Dips are a great way to encourage kids to eat more fruits and vegetables, and yogurt-based dips are delicious and nutritious!

# APPLE CINNAMON DIPPING SAUCE

(4 SERVINGS)

Source: Adapted from AllRecipes.com

## Ingredients:

- 1/2 cup fat-free plain or vanilla yogurt
- 2 tablespoons applesauce
- 1/8 teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon



Stir all ingredients together until blended. Serve with fruit or try putting fruit chunks on wooden skewers (grapes, strawberries, apples, and pineapple).

## Nutritional Facts\*\*

Calories: 20; Total Fat: 0 g; Saturated Fat: 0 g; Sodium: 15 mg; Protein: 1 g; Carbohydrates: 4 g; Fiber: 0 g

\*\*Nutritional facts may vary based on ingredients used.

# BANANA-NUT BREAKFAST SMOOTHIE

(2 SERVINGS)

Source: Adapted from National Dairy Council

## Ingredients:

- 1 large fully-ripened banana, peeled & sliced
- 1 cup puffed rice cereal, such as Rice Krispies®
- 3/4 cup low-fat or fat-free milk
- 1/2 cup plain or vanilla low-fat yogurt
- 2 tablespoons peanut butter
- 1/2 teaspoon vanilla extract
- sweetener (optional): honey\*



In a single layer on a plate, freeze the banana slices for at least 1 hour (or overnight). Add the frozen banana slices, cereal, milk, yogurt, peanut butter, honey, and vanilla to a blender container. Cover and puree until smooth. Pour into 2 chilled glasses.

Note: Freeze any leftover smoothie in popsicle molds for frozen treats anytime.

## Nutritional Facts\*\*

Calories: 290; Total Fat: 9 g; Saturated Fat: 1.5 g; Sodium: 95 mg; Protein: 11 g; Carbohydrates: 40 g; Fiber: 3 g

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# FRUIT AND YOGURT POPSICLES

(4 SERVINGS)

Source: Adapted from AllRecipes.com

## Ingredients:

- 1 cup fat-free vanilla yogurt
- 1 cup fresh or frozen fruit (blueberries, strawberries, bananas)
- 4 (5 oz) paper cups
- aluminum foil
- 4 popsicle sticks



Put yogurt and fruit into a blender and blend to desired consistency. Pour fruit mixture into paper cups, filling each about three-quarters full.

Cover with foil, then make slit in the middle of each to place stick. Freeze until solid. Peel off paper cup and enjoy.

## Nutritional Facts\*\*

Calories: 50; Total Fat: 0 g; Saturated Fat: 0 g; Sodium: 30 mg; Carbohydrates: 11 g; Fiber: 1 g; Protein: 2 g

\*The American Academy of Pediatrics recommends that raw honey not be given to infants under one year of age.

\*\*Nutritional facts may vary based on ingredients used.