

YOGURT

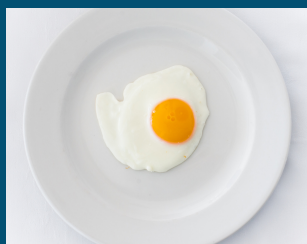
SMOOTH. COLD. TASTY.

One serving of yogurt provides your body with calcium, protein, vitamin B12, zinc, & other essential nutrients.

Say "yes" to yogurt & learn more about yogurt below!



Make a parfait by layering yogurt, fruit, & granola!



1 cup of low-fat yogurt has as much protein as 1 egg!



Those with lactose intolerance can still enjoy yogurt --it's low in lactose. Choose yogurt with live & active cultures.



1 cup of low-fat yogurt has as much calcium as 10 cups of raw spinach!



Top waffles or pancakes with a scoop of yogurt & fruit.



Add plain yogurt to quesadillas, tacos, chilis, & burrito bowls.



Layer yogurt, honey, & fruit into a popsicle mold with a stick. Freeze. Enjoy a yogurt popsicle!



Serve a smoothie with milk, yogurt, & fruit!



Sub yogurt for mayo in salad dressings, dips, & casseroles!



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