7 WAYS YOGURT CAN HELP YOUR BODY

One serving of yogurt contains many of the essential nutrients your body needs, including:

**CALCIUM**
- Helps build and maintain strong bones and teeth.
- **20% DAILY VALUE**

**PROTEIN**
- Helps build and repair muscle tissue.
- **17% DAILY VALUE**

**PHOSPHORUS**
- Helps build and maintain strong bones and teeth, supports tissue growth.
- **20% DAILY VALUE**

**PANTOTHENIC ACID**
- Helps your body use carbohydrates, fats and protein for fuel.
- **20% DAILY VALUE**

**RIBOFLAVIN**
- Helps your body use carbohydrates, fats and protein for fuel.
- **25% DAILY VALUE**

**ZINC**
- Helps your body’s immune system work properly.
- **15% DAILY VALUE**

**VITAMIN B12**
- Helps with normal blood function, helps keep the nervous system healthy.
- **40% DAILY VALUE**

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.