**MEAL INSPIRATION**

**BREAKFAST**
Make a **colorful parfait** in a clear glass: layer yogurt, granola and fruit.
Top **waffles and pancakes** with yogurt and add strawberries or blueberries.
In a **fruit smoothie**, add yogurt for more protein.

**LUNCH**
Dunk **raw veggies** into plain yogurt or add chopped cucumber, dill and lemon to plain yogurt for a tasty dip.
Add a dollop of plain yogurt on **tomato soup** for a dose of creaminess.

**DINNER**
Use plain yogurt in place of sour cream on dishes like **quesadillas, tacos and chili**.
Try **tandoori chicken**—a classic Indian dish—by marinating poultry in yogurt and spices, then barbecuing.
Make a **creamy salad dressing** with yogurt, olive oil and spices.

**SNACKS**
Jazz up plain yogurt with your own flavorings: **cinnamon, honey and chopped fruit** make tasty toppings.
Make a **whipped peanut dip** for apples by adding peanut butter to yogurt.
Make **yogurt ice pops**! Just add honey to yogurt, layer it with fruit and freeze in an ice pop mold.

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**SIMPLE YOGURT SUBSTITUTIONS**

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Substitution</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>1 c sour cream</td>
<td>1 c plain nonfat Greek yogurt</td>
<td></td>
</tr>
<tr>
<td>1 c butter</td>
<td>½ c plain nonfat Greek yogurt + ½ c butter</td>
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</tr>
<tr>
<td>1 c heavy cream</td>
<td>½ c plain nonfat Greek yogurt</td>
<td></td>
</tr>
<tr>
<td>1 c vegetable oil</td>
<td>½ c plain nonfat Greek yogurt</td>
<td></td>
</tr>
<tr>
<td>1 c whole buttermilk</td>
<td>½ c plain nonfat yogurt + ½ c skim milk</td>
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</tr>
<tr>
<td>1 c mayonnaise</td>
<td>1 c plain nonfat yogurt</td>
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</table>
YOGURT BY THE NUMBERS

8 OUNCES
A full serving of yogurt. Most single-serving packages are just 6 oz, so check the label or buy in large tubs.

BILLIONS!
Live, good-for-your-gut bacteria cells (also known as probiotics) in one cup of yogurt.

3 SERVINGS
The amount of dairy you should consume per day, according to the Dietary Guidelines for Americans.

7 VITAL NUTRIENTS
Most yogurts contain 7 essential vitamins and minerals.

9 AMINO ACIDS
are found in yogurt...That makes it a high-quality, complete protein—like meat, fish and quinoa.

YOGURT IS A grab-and-go snack loved for its fast and easy convenience without sacrificing nutrition!

7 WAYS YOGURT CAN HELP YOUR BODY
For thousands of years, people have nourished their bodies with the creamy, nutrient-rich power of yogurt.

ONE SERVING OF YOGURT contains many of the essential nutrients your body needs, including:

PANTOTHENIC ACID 20% DV (Vitamin B-5) Helps your body use carbohydrates, fats, and protein for fuel.

ZINC 15% DV Helps your body’s immune system work properly.

CALCIUM 20% DV Helps build and maintain strong bones and teeth.

PROTEIN 17% DV Helps build and repair muscle tissue.

PHOSPHORUS 20% DV Helps build and maintain strong bones and teeth, supports tissue growth.

RIBOFLAVIN 25% DV Helps your body use carbohydrates, fats and protein for fuel.

VITAMIN B12 40% DV Helps with normal blood function, helps keep the nervous system healthy.

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YOGURT TIPS

1. Stir in the liquid (aka the whey) to add in even more protein, potassium and calcium!

2. Immediately store yogurt on the shelf of your fridge, where it’s cooler.

3. Yogurt is a convenient and cost-effective way to add protein to your day.

4. Thick Greek style yogurt makes a delicious base for dips.

5. Mix fruit into your yogurt for additional fiber and flavor!

6. Check your yogurt container size; a full serving is 8 ounces.

7. There is a yogurt style for everyone! Try Conventional, Greek or Kefir yogurts.

QUICK + EASY YOGURT SMOOTHIE

INGREDIENTS
1 c low-fat vanilla yogurt
1 c frozen raspberries (unsweetened)
1 c frozen strawberries (unsweetened)
3/4 c low-fat milk
1 c ice (about 12 cubes)

DIRECTIONS
Blend all ingredients in a blender until smooth. Serve immediately and enjoy!

THE PERFECT ON-THE-GO SNACK!

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