



**Regular vs Greek Yogurt**

Yogurt is made by the addition of healthy bacteria to milk. The type of milk used determines the amount of fat in the yogurt. When making yogurt, the bacteria produces lactic acid giving yogurt its tart taste.

At the end of the yogurt-making process it can be strained, leaving behind a thick protein-rich Greek yogurt. The clear liquid found on top of the yogurt is called whey: a protein naturally found in milk.

Yogurt is packed with protein and good bacteria that is beneficial to our gut and immune system. The calcium and vitamin D found in yogurt are important for strong bones and healthy teeth at any age. Although calcium absorption decreases with age, it increases with vitamin D. Also, try to space out your dairy during the day for optimal calcium absorption.

*Teens & adults, aim for 3 cups of dairy each day. 1 cup yogurt = 1 cup dairy.*

* Check out our breakfast & lunch menus for yogurt options!
	+ Fresh parfaits with homemade granola
	+ Apple yogurt salad
	+ Danimals fruit and yogurt plates
* Pair yogurt with our fresh fruit served daily

Check out these websites for more information and ideas!

* Choose low-fat or fat-free yogurt.
* Look for yogurt with less added sugar-*anything more than 13g is added*
* Aim for ≥ 20% daily value of Calcium and Vitamin D
* Try Kefir for a drinkable yogurt!



**Created by: Danielle Kaya, Chartwells Dietetic Intern, 2015**

References

1. www.chartwellsschools.com

2. www.choosemyplate.gov

3. www.nationaldairycouncil.org

At School

At Home

What’s the difference?

Yogurt 101