

Yogurt

Yogurt is a dairy food that is high in protein and calcium, and may be easier for people with lactose intolerance to digest because of its active cultures (healthy bacteria). Yogurt comes in many varieties, including plain, flavored, drinkable, and Greek-style. Yogurt is made by the fermentation or the addition of healthy bacteria and live cultures to milk. The bacteria produce lactic acid that gives the yogurt its texture and taste. It can be made from whole milk (regular yogurt), low-fat milk (low-fat yogurt) or nonfat milk (nonfat yogurt).

Health Benefits

The probiotics, protein, calcium and B vitamins in yogurt all work together to strengthen the immune system, lower cholesterol and ward off unfriendly bacteria. Yogurt promotes intestinal health, allowing your body to absorb the nutrients in your diet, which is critical to optimal health, particularly for the elderly. The calcium and vitamin D are important for growth and development of healthy bones and teeth.

Recommended Intake



A 1 cup serving (8 oz carton) of lowfat plain yogurt has about 140 calories, 16 g (grams) of carbohydrates, 12 g protein, 4 g fat, and 415 mg calcium. Children usually need 2-2 ½ servings of dairy each day. Teens need 3. Watch out for yogurt that has fruit already added. The sugar content will be much higher than simply adding your own fruit. Top off your yogurt with some wheat germ or ground flaxseed for added taste and nutrition. Choose low-fat or nonfat yogurt when possible – it contains just as much calcium as regular yogurt but without the fat!

Buying, Storing, and Preparation Tips

Refrigerate yogurt immediately after you buy it and store it on the colder shelves rather than in the door. Do not eat yogurt after the “best before” date and once the package is opened, eat the yogurt within 3 days. Protect yogurt from other foods with strong odors by sealing it tightly. You can enjoy low-fat yogurt as a portable snack, poured over a bowl of fruit and lowfat granola for your own parfait, as a dip for fresh fruit, or mixed into a smoothie. Yogurt can be eaten as purchased or substituted for oil in baked goods.



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Fun Facts

- 1 Yogurt can be made from any mammal that produces milk; goats, sheep and water buffalo are also common in the United States (in addition to cow's milk) while other countries often use the milk from a yak or a camel.
- 2 Active cultures are healthy bacteria - meaning they are good for our bodies and unlike other types of bacteria, won't make us sick. Active cultures support good digestion and a healthy immune system. The names of some bacteria in yogurt include *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.
- 3 The word yogurt was derived from the "Turkish" word "yogurur" which means "Long Life"!



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Baked Spinach Artichoke Yogurt Dip

Serves: 8

Ingredients

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 (8-ounce) container low-fat plain yogurt or low-fat plain Greek-style yogurt*
- 1 cup shredded part-skim, low-moisture Mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper



Directions

1. Combine all ingredients except red pepper and mix well.
2. Pour mixture into 1-quart casserole dish or 9-inch pie plate.
3. Bake at 350 degrees Fahrenheit for 20-25 minutes or until heated through and sprinkle with red peppers.
4. Serve with toasted bread or whole grain crackers.

Source of Recipe:

- <http://www.nationaldairyCouncil.org/Recipes/Pages/Baked-Spinach-Artichoke-Yogurt-Dip.aspx>
- <http://www.choosemyplate.gov/food-groups/dairy.html#>
- <http://www.dairygoodness.ca/yogurt/how-to-store-yogurt>