



Give Them More
of the
Good Stuff!

Yogurt Basics



Shop and Save

- ✿ Store brands may be less expensive than national brands.
- ✿ Buying yogurt in larger containers instead of single serving cups may save you money. Check the cost per ounce on the grocery shelf price tag.
- ✿ Check the 'best by' or 'use by' date on the package and choose the longest time for use.
- ✿ Different types of yogurt contain different nutrients. Compare nutrition facts and prices for a good buy.



Yogurt provides calcium, protein,
probiotic bacteria and other
healthful nutrients



Food Hero Yogurt Parfait

Types of Yogurt

Dairy yogurt has been made from milk for centuries and is important to many cultures. Yogurts traditional to the United States, Greece, and other countries vary by texture, flavor and nutrients, especially protein and total sugars.

Non-dairy yogurt is made from oat, soy, almond and other plant milks. The nutrients provided may be very different than dairy yogurt.

Yogurt may be easier to digest than milk for people with lactose intolerance.

store Well Waste Less

- Keep yogurt in the refrigerator. Cover tightly to keep it from drying out, spoiling, or taking on the flavors of other foods in the refrigerator.
- If stored well (refrigerated and covered), yogurt is safe to eat after the 'use by' date but the

flavor may be more tart and the liquid may have separated out. (It will need to be stirred.)

Discard the entire container if any mold has appeared.

- Freezing yogurt is safe but the texture will change. Use it for baking and in smoothies.



Flavored yogurt is sweetened by added sugars or sugar substitutes and fruit or other flavors.

Plain yogurt has no added sugar and can be flavored in many ways, from sweet to savory.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Yogurt

Savory Yogurt Spread

Ingredients:

- 1/2 cup nonfat **plain Greek yogurt**
- 1/8 teaspoon **garlic powder**
- 1/4 teaspoon **basil** or **cumin**
- 1/4 teaspoon **oregano**
- 1/8 teaspoon each **salt** and **pepper**

Directions:

1. Combine all ingredients in a small bowl and mix well. Add other seasonings as desired.
2. Use as a spread for wraps or sandwiches, a topping for tacos or a dip for raw veggies.
3. Refrigerate leftovers within 2 hours.

Note:

No Greek yogurt? Mix 1/3 cup nonfat plain yogurt with 1/4 cup (2 ounces) of softened low-fat cream cheese and seasonings.

Makes 1/2 cup **Prep time:** 5 minutes

Yogurt Fruit Dip

Ingredients:

- 1 cup nonfat or lowfat **plain yogurt**
- 1 teaspoon **vanilla**
- 1/2 teaspoon **cinnamon**
- 1 teaspoon **brown sugar**

Directions:

1. In a small bowl, combine all ingredients and mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.

Makes 1 cup **Prep time:** 5 minutes

Fruit Smoothie 1 (with yogurt)



Ingredients:

- 2 cups fresh, frozen or canned (drained) **fruit**
- 1 cup nonfat **plain yogurt**
- 1 cup **orange juice**
- 6 **ice cubes**, crushed

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups **Prep time:** 5 minutes

Go to
[FoodHero.org](https://www.foodhero.org)
for easy, tasty
recipes
using yogurt

Drinkable Yogurt

Ingredients:

- 1/2 cup nonfat or lowfat **plain yogurt**
- 1/2 cup **100% fruit juice**

Directions:

1. Add yogurt and juice to a clean jar or other container with a lid.
2. Close lid and shake; serve cold.
3. Refrigerate leftovers within 2 hours.

Makes 1 cup **Prep time:** 5 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌸 **measure yogurt or other ingredients.**
- 🌸 **mix or shake the ingredients.**
- 🌸 **wash and cut fruit or vegetables.**