



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

CALCIUM



Helps build and maintain strong bones and teeth, supports tissue growth.

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

RIBOFLAVIN



Helps your body use carbohydrates, fats and protein for fuel.

25%
DAILY VALUE

VITAMIN B12



Helps with normal blood function and helps keep the nervous system healthy.

40%
DAILY VALUE

PANTOTHENIC ACID



Helps your body use carbohydrates, fats and protein for fuel.

20%
DAILY VALUE

ZINC



Helps your body's immune system work properly.

15%
DAILY VALUE

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



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Sources: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low moisture, part skim mozzarella (1101029)

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Put It into Practice

EASY TO PLEASE PARFAIT

Prep 3 min.

Cook 0 min.

Servings 1

Ingredients

- ½ cup drained peach slices packed in 100% fruit juice
- 1 cup non-fat vanilla Greek yogurt
- ½ cup of your favorite bran cereal

Instructions

Layer peaches, yogurt and cereal in a glass or cup; serve immediately. Alternately, make it the night before with only the fruit and yogurt, then store cereal in a snack bag to sprinkle over the parfait when you're ready to eat.

Other Great Add-ins

- Choose from a host of yogurt flavors and textures, from creamy and smooth to thick and velvety
- Any fruit combo - fresh, canned or frozen!
- Chia seeds
- Chopped nuts

Nutrition Facts per serving

Calories:	335	Saturated fat:	0 g
Protein:	18 g	Cholesterol:	15 mg
Carbohydrate:	70 g	Calcium:	41% DV
Fiber:	4 g	Sodium:	230 mg
Total Fat:	4 g		