

YOGURT

IT IS GREAT FOR A QUICK AND EASY MEAL/SNACK ITEM AND CAN BE USED IN MANY RECIPES!

Meal and Snack Ideas using Yogurt:

- **Yogurt Parfait or Yogurt Breakfast Bowl:** Layer yogurt with fresh frozen or canned fruit and other toppings (whole grain cereal, nuts/seeds).
- **Smoothies:** Add plain or flavoured yogurt to smoothies for additional protein and to give a creamy texture. Smoothies can also be used to make popsicles, additional ingredients such as cereal, granola, nuts/seeds can be added.
- **Yogurt Dip for Fruit:** Mix yogurt, honey and cinnamon.
- **Yogurt Dip for Vegetables:** Add herbs and spices to plain yogurt.
- **Yogurt Sauce:** Mix yogurt, cinnamon and maple syrup to be used as a topping/sauce for french toast and pancakes.
- **Yogurt Bark:** Mix yogurt and fresh, frozen or canned fruit and freeze in a thin layer on a baking sheet. Break or cut into individual portions.

The following are sugar substitutes:

Artificial sweeteners and intense sweeteners:

- aspartame (NutraSweet, Sweet'n Low, Sugar Twin)
- neotame, acesulfame potassium (Ace-K)
- sucralose (Splenda), cyclamate (Sugar Twin, Sucaryl), thaumatin

Intense sweeteners from natural sources:

- hydrogenated starch hydrolysates
- isomalt, lactitol, maltitol, maltitol syrup, mannitol
- sorbitol, sorbitol syrup, xylitol, erythritol, polydextrose
- steviol glycosides (stevia)

Many yogurts fit the MB School Nutrition Guidelines!

To see if they do, follow these easy steps:

- 1) Check the Ingredients List.
 - Choose ones with no sugar substitutes.
2. Check the portion size listed. Choose ones with:
 - 21 g of sugar or less.
 - 10% DV of Calcium or more.
 - 10 g of total fat or less.
 - 0.5 g of trans fats or less.
 - 250 mg of sodium or less

Yogurts with candy or chocolate do not meet the guidelines.

Nutrition Facts

Per 3/4 cup (175 g)

Amount		% Daily Value
Calories	160	
Fat	2.5 g	4 %
Saturated	1.5 g	8 %
+ Trans	0 g	
Cholesterol	10 mg	
Sodium	75 mg	3 %
Carbohydrate	25 g	8 %
Fibre	0 g	0 %
Sugars	24 g	
Protein	8 g	
Vitamin A	2 %	Vitamin C 0 %
Calcium	20 %	Iron 0 %