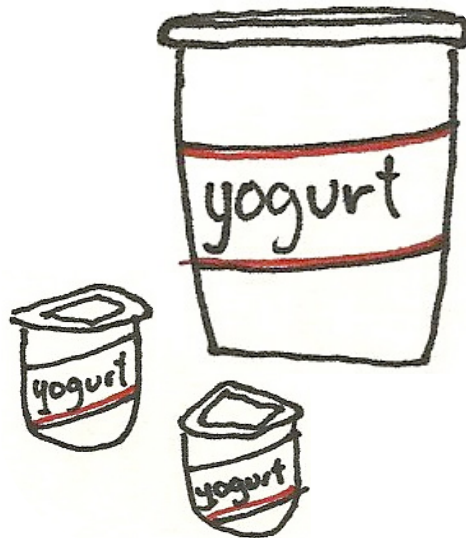


# Yogurt is great

for baking and cooking, snacks and breakfasts.  
Eat it sitting down or on-the-go!

Many yogurts fit the MB School Nutrition Guidelines including:

Brand	Yogurt Type
Astro	BioBest Calcium BioBest Probiotic, plain BioBest Probiotic, fruit on the bottom Original Balkan Style, flavoured Original Balkan Style, plain
Danone	Activia Creamy Danino: Drinkable Danino: Greek
Yoplait	Greek Fruitful
Pres. Choice	Greek Yogurt, flavoured, 0% and 2% Yogurt, plain, 1%



## Moving Forward with MB School Nutrition

Manitoba's School Nutrition guidelines will help you with menu planning and choosing foods like yogurt. See pages 27 - 31 to learn what to look for on ingredient lists and nutrition labels.

*Did you know?*

Plain yogurt contains about 8g of naturally occurring sugar per 175g. When flavour is added to yogurt, the amount of sugar can increase to 32g. That's 8 teaspoons!

**Plain Yogurt** has a tart taste, making it a good base for smoothies, muffins and dips. Additional ideas for using plain yogurt include:

**Yogurt Popsicles:** For granola popsicles, mix and freeze yogurt, whole berries and granola. For fruit popsicles, mix and freeze yogurt, a small amount of milk and 100% fruit juice.

**Yogurt Dip for fruit:** Mix yogurt, honey and cinnamon.

**Yogurt Dip for vegetables:** For Tzatziki mix yogurt, shredded cucumber, salt, garlic, pepper and lemon juice. For a savoury honey dip mix yogurt, sour cream, shredded cheese and carrot, dill and honey. For a simple dip, just add herbs!

**Yogurt Sauce** for cinnamon toast, pancakes and french toast: Mix yogurt, cinnamon and maple syrup.