

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. 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.

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.

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!

Sugar Substitutes:
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)

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 %

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