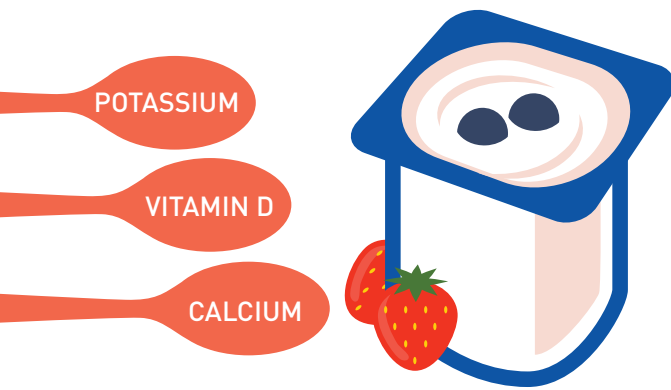


Yogurt is a nutrient-dense food that is low in saturated fats and cholesterol.<sup>1</sup> In addition to providing high-quality, easily digestible protein, yogurt can be a reliable source of 3 out of 4 of the nutrients of concern identified in the Dietary Guidelines for Americans (DGA): vitamin D, calcium, and potassium.<sup>1-3</sup>

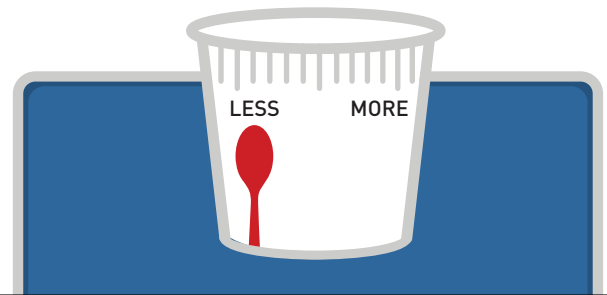


## YOGURT: A SINGULARLY NUTRIENT-DENSE FOOD

Nonfat or lowfat yogurt is a nutrient-dense milk product that has a significant role to play in a healthy diet.<sup>1</sup> The DGA recommends 3 cups a day of nonfat or lowfat milk products, such as yogurt, for adults and children and adolescents 9 to 18 years.<sup>1</sup> In addition, yogurt is a source of high-quality protein, which contributes to the maintenance and growth of muscle mass, as well as to the maintenance of normal bones.<sup>1-3</sup>

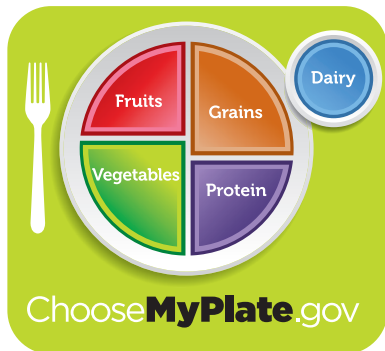
## LESS WEIGHT GAIN

Consumption of yogurt, fruits, vegetables, and whole grains is associated with less weight gain over time, but yogurt was found to have the strongest overall correlation.<sup>4-6</sup>



## ONE YOGURT EVERY DAY

Lowfat or nonfat yogurt offers a nutrient-dense way of helping Americans meet the DGA recommendation of 3 servings of dairy every day.<sup>1</sup>



**3** SERVINGS  
OF DAIRY  
EVERY DAY

**“A simple step that any healthcare professional or educator could recommend is to include yogurt as a daily part of everyone’s diet.”**

**- Bruce German, PhD,  
UC Davis**

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