**PROUDLY WISCONSIN**

**Yogurt Facts**

Yogurt is made with milk through the fermentation of lactose. Added lactic acid-producing cultures grow and thicken the milk which takes on a delicious, tangy quality, resulting in the yogurt we know and love.

The culturing process helps to break down lactose, making it easier for people with lactose intolerance to digest yogurt. **Lactose-free yogurt is also available.**

Yogurt is strained to remove whey AND water. The longer it’s strained, the thicker it becomes, creating different styles, textures, AND protein contents. **It takes about 1 gallon of milk to make 1 gallon of yogurt.**

**Wisconsin is home to 10 yogurt processors.**

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**Choose Your Own Smoothie Adventure!**

<table>
<thead>
<tr>
<th>Step One</th>
<th>4 oz (½ cup) Fluid Milk</th>
<th>1% or 2% Non-fat Whole White • Chocolate • Fruity</th>
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</thead>
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<table>
<thead>
<tr>
<th>Step Two</th>
<th>4 oz (½ cup) Yogurt</th>
<th>Greek Regular Icelandic Plain • Vanilla • Fruity</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Step Three</th>
<th>4 oz (½ cup) Fruit</th>
<th>Fresh or Frozen Bananas • Kiwi • Mango Cherries • Pineapple • Peaches Berries • Melons • Papaya</th>
</tr>
</thead>
</table>

**Step Four**

**Yummy Extras**

Extras add calories, pick only 1 or 2

Nuts • Ground Flax • Nutmeg Cinnamon • Carrots • Avocado Oats • Whey Protein • Vanilla Peanut Butter • Almond Butter Spinach • Honey • Chia Seeds Fresh Mint • Cocoa Powder

Just 6 ounces of yogurt meets 1 of the 3 recommended daily servings of dairy and has essential nutrients like calcium, protein, phosphorus, riboflavin, vitamin B12, pantothentic acid, and zinc.

The nutrients in yogurt can vary by brand. Be sure to check the nutrition facts label on packaging to learn more.

Look for the Proudly Wisconsin Dairy badge on all your dairy products.

Sources:

usdairy.com/news-articles/is-yogurt-good-for-you

wisconsindairy.org

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