

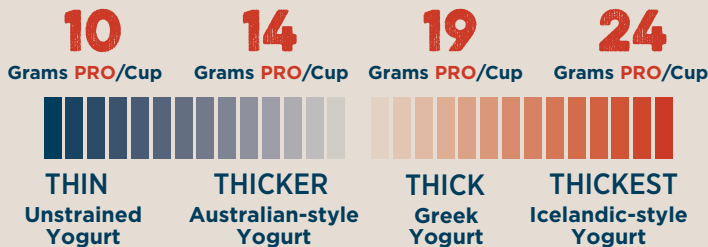
PROUDLY WISCONSIN

- 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.

Yogurt is strained to remove whey AND water. The longer it's strained, the thicker it becomes, creating different styles, textures, AND **protein** contents.



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



IT TAKES ABOUT **1 GALLON** OF MILK TO MAKE **1 GALLON OF YOGURT**



WISCONSIN IS HOME TO **10 YOGURT PROCESSORS**

CHOOSE YOUR OWN **SMOOTHIE ADVENTURE!**



Step One

4 oz (½ cup) FLUID MILK | 1% or 2% Non-fat Whole
White • Chocolate • Fruity

Step Two

4 oz (½ cup) YOGURT | Greek Regular Icelandic
Plain • Vanilla • Fruity

Step Three

4 oz (½ cup) FRUIT | Fresh or Frozen
Bananas • Kiwi • Mango
Cherries • Pineapple • Peaches
Berries • Melons • Papaya

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

YOUR BODY NEEDS

LIKE CALCIUM, PROTEIN, PHOSPHORUS, RIBOFLAVIN, VITAMIN B12, PANTOTHENIC 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
usdairy.com/news-articles/science-summary-yogurt-and-health

wisconsin dairy.org

