

## Yogurt



Yogurt, a fermented milk product, is an outstanding source of calcium and protein. In fact, a serving of yogurt can provide nearly 20% your daily intake of calcium needed for bone health and almost a third of your protein needs. It is also a good source of other vitamins and minerals including vitamin B 12. Look for low-fat and low-sugar options.

Did you know that children who try new healthy foods, and are willing to try the food again, are more likely to choose these foods? This week we tasted yogurt....and most of the students thought it was delicious! Here is another way to serve yogurt.

## Yogurt Parfait

### Ingredients:

- 6 ounces of low-fat or non-fat yogurt
- 1/4 cup low-fat granola
- 1/2 cup of chopped fruit

### Preparation:

1. Layer yogurt, granola, and chopped fruit in a clear glass.
2. Repeat the layering.
3. Serve.



*Developed by the University of California Cooperative Extension.*