

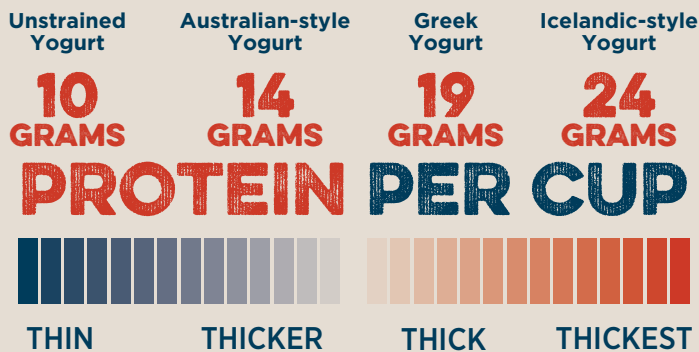
PROUDLY WISCONSIN

- 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.



LACTOSE INTOLERANT?

The culturing process helps to break down lactose, making it easier for people with lactose intolerance to digest yogurt.



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 ounces (½ cup) | 1% or 2%
FLUID MILK | Non-fat
Whole

White • Chocolate • Fruity

Step Two

4 ounces (½ cup) | Greek
YOGURT | Regular
Icelandic

Plain • Vanilla • Fruity

Step Three

4 ounces (½ cup) | Fresh
FRUIT | or
Frozen

Bananas • Kiwi • Mango
Cherries • Pineapple • Peaches
Berries • Melons • Papaya

Step Four

YUMMY EXTRAS

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 or CODE 55 stamped on your product to ensure it is packaged in Wisconsin.

Sources: DATCP and
usdairy.com/news-articles/is-yogurt-good-for-you
usdairy.com/news-articles/science-summary-yogurt-and-health



wisconsindairy.org

