

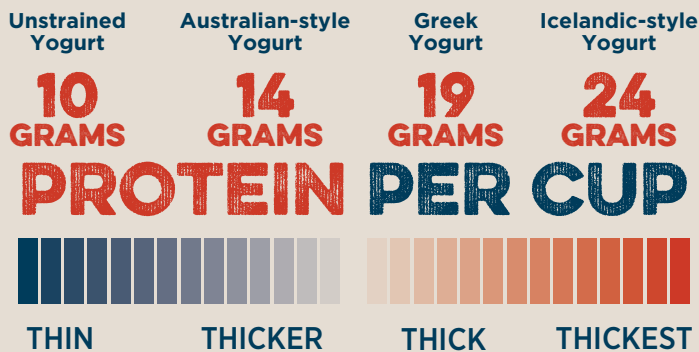
# PROUDLY WISCONSIN

## - 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  
White • Chocolate • Fruity

#### Step Two

4 ounces (½ cup) | Greek  
**YOGURT** | Regular  
Plain • Vanilla • Fruity

#### Step Three

4 ounces (½ cup) | Fresh  
**FRUIT** | or  
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](https://usdairy.com/news-articles/is-yogurt-good-for-you)  
[usdairy.com/news-articles/science-summary-yogurt-and-health](https://usdairy.com/news-articles/science-summary-yogurt-and-health)



[wisconsindairy.org](https://wisconsindairy.org)

