



# INSIDE YOGURT

EATING ONE YOGURT EVERY DAY IS AN IMPORTANT FIRST STEP TOWARD CREATING A MORE BALANCED DIET AND A HEALTHIER LIFESTYLE.

YOGURT

SMART

GENTLE

PROTEIN

B VITAMINS





# HISTORY

YOGURT WAS A SURPRISING DISCOVERY. FIND OUT HOW YOGURT HAD A MAJOR ROLE IN 10 DATES.

[DISCOVER](#)



-10000   -8500   -3000   -500   950   1539   1670   1908





## GREEK YOGURT



### What is Greek Yogurt?

Are you wondering what makes Greek yogurt different from regular yogurt? We make our traditional Greek yogurt with a centuries-old authentic straining method that removes some of the whey (liquid) from the yogurt. Called "yiaourt" in Greece, Greek yogurt is thick, creamy and delicious!

The production of Greek yogurt requires about three times the amount of milk used to make regular yogurt.

### How is Greek Yogurt Made?

1. Milk is pasteurized to kill undesirable bacteria
2. Live & active cultures are added to the milk
3. Fermentation takes place and yogurt forms its characteristic acidity and texture
4. The yogurt is strained to concentrate the solids and remove some of the whey

### Benefits of Greek Yogurt

Most Greek yogurts have two times the protein vs. regular low fat yogurt. Dairy proteins contain nine essential amino acids the human body can't produce. Amino acids are building blocks needed to create our own proteins.

### In addition to protein, nonfat Greek Yogurt can provide additional nutrition benefits:

1. Usually contains less lactose than regular yogurt, helpful for people who are lactose intolerant
2. A 15% Daily Value of calcium per 5.3oz (for fruited yogurt), that helps with development and maintenance of healthy bones
3. Contains live and active cultures





# YOGURT RULES THE KITCHEN

YOGURT IS A GREAT VERSATILE INGREDIENT TO GET CREATIVE WITH IN THE KITCHEN. TRY OUT SOME OF THESE DELICIOUS RECIPES.

## SMART SWAPS



## RECIPES



Breakfast  
[VIEW SUGGESTIONS](#)



Lunch  
[VIEW SUGGESTIONS](#)



Snack



Dinner