



7 WAYS *Yogurt* CAN HELP YOUR BODY

ONE SERVING OF YOGURT CONTAINS MANY OF THE ESSENTIAL NUTRIENTS YOUR BODY NEEDS, INCLUDING:

20% DAILY VALUE



Calcium

Helps build and maintain strong bones and teeth.

Protein

Helps build and repair muscle tissue.

17% DAILY VALUE



20% DAILY VALUE

PANTOTHENIC ACID

Helps your body use carbohydrates, fats and protein for fuel.



PHOSPHORUS

Helps build and maintain strong bones and teeth, supports tissue growth.

15% DAILY VALUE ZINC

Helps your body's immune system work properly.

Riboflavin

Helps your body use carbohydrates, fats and protein for fuel.

25% DAILY VALUE



Vitamin B12

40% DAILY VALUE

Helps with normal blood function, helps keep the nervous system healthy.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Credit: National Dairy Council

*one serving (6 ounces), low-fat vanilla yogurt.

