



WIC...

Healthy Habits, Healthy Families

Yogurt

Yogurt is a good source of calcium, potassium, vitamins A & D and protein. Yogurt also contains “live active cultures,” good bacteria that may help lessen symptoms of lactose intolerance.

Buying yogurt...

- Select plain or flavored yogurt in the 32 ounce containers.
- Choose low-fat and non-fat options.
- Choose the container with the latest “best before” date.

Storing yogurt...

- Store yogurt in a tightly sealed container.
- Refrigerate yogurt immediately after you buy it, and store it on the upper shelves rather than the door.
- Yogurt can be stored for 5 to 7 days after it has been opened.

Enjoying yogurt...

- Enjoy yogurt in a parfait by layering your favorite fruit, yogurt and cereal in a clear cup.
- Blend yogurt, milk, fruit and ice together for a tasty smoothie.
- Top baked potatoes with plain yogurt and fresh chives or green onions.

**Make family meals matter.
Lower the fat.**



Frozen Banana Pops

<http://dphhs.mt.gov/publichealth/wic>

Makes
1
serving

This recipe uses three WIC foods:
yogurt, fruit and cereal.

Ingredients...

- 1 banana
- ¼ cup of your favorite cereal
- Plain or flavored low-fat yogurt

Directions...

1. Peel banana.
2. Crush ¼ cup of cereal on a plate.
3. Roll banana in yogurt until all the surfaces are covered; then roll in cereal.
4. Put on plate in the freezer for at least 2 hours.

Family Goals

- My family and I will try a low fat yogurt parfait for breakfast.
- My family and I will try low fat yogurt on a baked potato in place of sour cream.
- My family and I will try low fat yogurt as a snack.
- Other _____



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