



## June 2018 Newsletter

### Yogurt Facts

June brings warmer temperatures and longer days. As kids finish the school year and spend more time outdoors in the heat, they will undoubtedly look for refreshing snacks, such as ice cream. A healthier alternative to ice cream (and other high-fat summer snacks) is yogurt.

Yogurt is great as a stand-alone snack (you can also add fruit, seeds, and/or granola), as a fruit dip, or even as a substitute for buttermilk in baked goods. Yogurt can also be used as part of a refreshing drink by adding fresh juice, shaking, and chilling.

Data provided by the USDA shows that Yogurt contains “good bacteria” known as probiotics. Probiotics improve the body’s immune levels and reduce the development and growth of harmful organisms in the stomach. All yogurts contain calcium, vitamins B and D, protein, and potassium.

#### Varieties of yogurt:

**Traditional** plain yogurt is smooth and has a tart taste.

**Greek** plain yogurt is thicker than traditional yogurt and is more protein rich (containing about twice as much protein and half the carbohydrates as regular yogurt). It is also lower in calcium, sodium, and sugar.

Greek yogurt promotes the feeling of fullness as a result of the increased protein, so it is an ideal option for breakfast or a snack for more active people.

**Plain** yogurt has no added fruit or sugar.

**Flavored** yogurts may contain fruit or other natural or artificial flavorings or sweeteners.

**Non-dairy** yogurt is made from soy, coconut, or almond milk.

#### Purchasing and storing tips:

You can save money by buying larger containers of yogurt instead of single serve cups. If stored properly (refrigerated and covered securely), it is safe to eat yogurt after the “use-by” date; however, the flavor may be more tart and you will need to stir the yogurt if the liquid has separated out. Yogurt can be frozen, but the texture will not be the same after it has been thawed.



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### Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

#### Berries with Banana Cream (4 servings)

##### Ingredients:

1/3 cup of yogurt, low-fat plain  
 1/2 cup of banana (ripe)  
 1/2 fluid ounce of fruit juice (i.e. orange)  
 2 cups of sliced strawberries  
 1 teaspoon of honey  
 1/16 teaspoon of cinnamon (dash)

##### Directions:

1. Combine the yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice the berries.
3. Top the berries with the yogurt banana mixture.
4. Top with the honey and cinnamon.



*60 Calories, 1g Total Fat, 0g Saturated Fat, 2g Protein,  
 15 mg Sodium, 13g Carbohydrates, 2g Dietary Fiber,  
 52 mg Calcium*

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#### Apple & Chicken Salad (4 servings)

##### Ingredients:

2 red apples (such as Cameo Apples)  
 2 celery stalks (diced)  
 2 skinless chicken breasts (cooked & diced).  
 1/4 cup of plain non-fat Greek yogurt  
 1/2 cups of raisins  
 1/4 cup of mayonnaise  
 1/4 teaspoon of salt  
 1/8 teaspoon of ground black pepper  
 16 lettuce leaves (i.e. romaine or green leaf)

##### Directions:

1. Cut apples into quarters and chop.
2. In a medium sized bowl, mix all the ingredients, except the lettuce.
3. Serve by arranging the lettuce on serving plates. Top with the apple and chicken salad.



*290 Calories, 8g Total Fat, 2g Saturated Fat, 25g Protein,  
 330 mg Sodium, 343g Carbohydrates, 4g Dietary Fiber,  
 56 mg Calcium*