7 WAYS YOGURT CAN HELP YOUR BODY

One serving of yogurt contains many of the essential nutrients your body needs, including:

**CALCIUM**
Helps build and maintain strong bones and teeth.

**PROTEIN**
Helps build and repair muscle tissue.

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

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

**VITAMIN B12**
Helps with normal blood function, helps keep the nervous system healthy.

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

**ZINC**
Helps your body’s immune system work properly.

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.


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