



# 9 WAYS YOGURT

## Can help your body

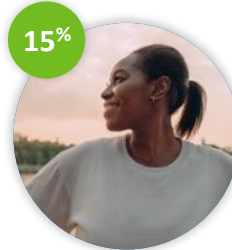
One serving of **yogurt** contains many of the essential nutrients your body needs, including:



20%

### Calcium

Helps build and maintain strong bones and teeth.



15%

### Pantothenic acid

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



21%

### Protein

Helps provide sustained energy.  
Helps build and maintain lean muscle.  
Helps maintain a healthy immune system.



10%

### Zinc

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.



15%

### Phosphorus

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



20%

### Selenium

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.



35%

### Vitamin B12

Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.



45%

### Iodine

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.



25%

### Riboflavin

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



= daily value

10% or higher  
is a good source

20% or higher is  
an excellent source

#### REFERENCES

- U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low-fat vanilla yogurt (#01119).
- 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.

