

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

YOGURT

Yogurt starts as fresh milk or cream that is pasteurized, fermented with various live bacteria cultures, and then incubated at a specific temperature to encourage bacteria growth to create yogurt! It is often used in dips, marinades, and, most commonly, in parfaits!



How to Select and Store Yogurt:

Selection

**PROTEIN
CONTENT** **FAT
CONTENT** **FLAVOR
PROFILE**

Select yogurt depending on ideal consumption and nutrient profile. For example, choose plain, full-fat Greek yogurt for a satiating, protein-packed base for dips or marinades.

If yogurt is used in parfaits, get creative and choose flavored, lower-fat yogurt to let all flavors shine.

Storage



REFRIGERATE AT 40-45°F

Yogurt is best kept stored in the coldest part of the refrigerator at around 40-45°F. Be sure to store yogurt in its original, sealed container.

Once opened, yogurt has a shelf life of 7-14 days. It should not be kept at room temperature for more than two hours.

Nutrition Facts	
1 serving per container	
Serving size	3/4 cup (170g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.8mcg	4%
Calcium 280mg	20%
Iron 0mg	0%
Potassium 390mg	8%
* 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.	

Tips for Preparing and Cooking:

Prep Your Own!

Heat milk to 180°F, then cool to 112-115°F. Add a yogurt starter and stir. Pour into jars and incubate for 7-9 hours. Cool in the refrigerator for a couple of hours to thicken and enjoy!

Try yogurt....

Marinade

Marinate meat in yogurt! Mix yogurt with desired spices for meat that is tenderized slowly and gently compared to other marinades.

Dip

Try mixing plain yogurt with seasonings like garlic, salt, and lemon juice for a delicious dip. Serve with pita chips and fresh veggies!

Plain

Enjoy plain yogurt as the base in a parfait! Top the yogurt with fresh berries, granola, coconut shreds, and a drizzle of honey for a sweet treat.