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KidFood

Healthy Eating for Today's Kids

Nutrition Matters

June 2011

Yogurt for Kids

Yogurt can be a healthy snack for you and your children.
But some yogurts that are marketed to children are more like a dessert.

Read it before you eat it.

Its amazing how 2 brands
of the same food can be so different.
Read the label and get the most for your money.

Nutrition Facts

Serving Size 1 container 8 oz 227g

Amount Per Serving	
Calories 238	Calories from Fat 28
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 14mg	5%
Sodium 148mg	6%
Total Carbohydrate 42g	14%
Dietary Fiber 0g	0%
Sugars	
Protein 11g	
Vitamin A 3% • Vitamin C	3%
Calcium 38% • Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Choose yogurt with:

- ✓ A short ingredient list. Yogurt is made with two ingredients – milk and live cultures. Many yogurts are sweetened with fruits, which is good.
- ✓ Low in sugar. Read the label of a few different yogurts, and choose the yogurt lowest in sugar.
- ✓ Fat-free milk or low-fat milk. Choose yogurt made with skim (fat-free) or 1% (low-fat) milk.
- ✓ Plenty of calcium. Look for about 20% DV or more for calcium on the label.

Sweeten Yogurt with Fruit

Buy a large container of non-fat plain or vanilla yogurt and add your own flavor:

- ☺ Add sliced strawberries, kiwi, peaches or pears.
- ☺ Blend frozen fruit and stir into yogurt.
- ☺ Stir in applesauce.
- ☺ Top with chopped bananas.

- **Mix non-fat lemon yogurt with sliced strawberries, blueberries or raspberries. Serve on top of pancakes or waffles.**
- **Mix breakfast cereal with yogurt instead of milk.**

Strawberry Smoothie

Makes 3 Servings

2 cups fresh or frozen strawberries
1 cup skim milk or orange juice
2 cups low-fat strawberry yogurt
½ cup ice

Blend strawberries, milk or orange juice, ice and yogurt together until smooth.

Why is There Sugar in My Yogurt?

You will find sugar listed on the Nutrition Facts panel of all yogurts.

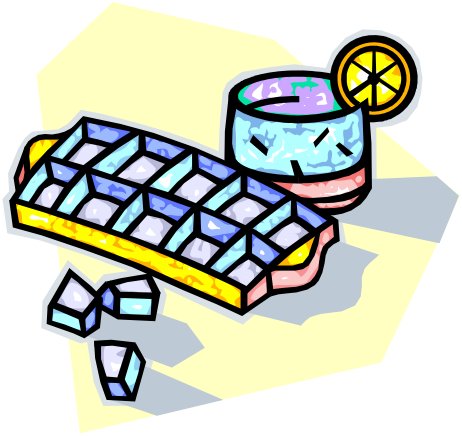
Where does this sugar come from?

- **Milk** – Yogurt is made from milk. Milk contains lactose which is a sugar. A 6 ounce container of plain yogurt will have 12 grams of sugar in it from lactose.

- **Fruit** – Many yogurts also add fruit. Fruit naturally has sugar. There are 5 grams of sugar in 3 tablespoons of banana, 2 grams of sugar in 3 tablespoons of strawberries, and 3 grams of sugar in 3 tablespoons of peaches.

- **Sweeteners** - Some yogurts also add sweeteners such as sugar, dextrose or corn syrup.

Read the ingredient list – is the sugar coming from fruit and milk, or added sweeteners?



Strawberry Ice Cubes

1. Fill ice cube trays ½ full with sliced strawberries.
2. Cover strawberries with apple juice or water.
3. Freeze. Serve ice cubes with water on hot summer days.

What Can You Do?

- Read the label on yogurt and choose the best for my family.
- Snack on yogurt or strawberries.
- Add fresh or frozen fruit to non-fat vanilla yogurt.
- Other: _____

Summer Treats

- ♥ Snack on fresh strawberries. Enjoy their fresh sweet flavor with your children.
- ♥ Dip strawberries into flavored low-fat yogurt.
- ♥ Top your peanut butter sandwich with sliced strawberries.

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