



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



Say “Yes” to Yogurt

Get a spoonful of this! Yogurt is a great way to incorporate essential nutrients into your diet. With so many different types, flavors, and manners to eat it, there are countless ways to indulge in this delicious dairy product or non-dairy alternatives. Read below to navigate from finding yogurt in the aisles to enjoying it in your bowl.

Choose Your Yogurt

Choose low-fat or fat free yogurts or go for Greek yogurt: a thicker, smoother option with double the protein. These yogurt products are an easier dairy to digest for those who may be lactose sensitive/intolerant. Great non-dairy options include coconut and soy yogurts.



One serving of yogurt has...

- More calcium than a cup of milk. Calcium is crucial for maintaining bone strength.
- The same amount of potassium as one medium banana. Potassium aids in maintaining healthy blood pressure levels.
- Live, active bacteria cultures called probiotics. These can help maintain healthy digestive systems.



Yogurt Around the Clock

- Breakfast: Top your pancakes with yogurt and fruit or crush your favorite whole grain cereal over a cup of yogurt.
- Snack: Blend up a nutrient-packed smoothie with yogurt and berries or use yogurt as a dip for your fruit.
- Dinner: Swap out the sour cream for nonfat plain Greek yogurt in your creamy soup or bowl of chili.
- Dessert: Layer yogurt, fruit, and granola, then top with honey for a dessert parfait.



Quick tip:
Avoid the extra sugars in flavored yogurt by selecting plain yogurt and adding cinnamon, vanilla, nuts, or fresh fruit.

Why is Yogurt Sophisticated? It is Well-Cultured

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References: *What to Look for in Yogurt*. Available at <https://www.eatright.org/food/nutrition/healthy-eating/what-to-look-for-in-yogurt> Accessed on 10/2/20, *Calcium*. Available at <https://ods.od.nih.gov/factsheets/calcium-HealthProfessional/> Accessed on 10/2/20, *Potassium Levels of Food*.

Available at <https://www.nutrition.va.gov/docs/UpdatedPatientEd/PotassiumValuesofFood4-14.pdf> Accessed on 10/11/20

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