

# OREGON YOGURT

People have been eating yogurt as far back as 6000 B.C when herdsman of Central Asia began milking their animals.

The first yogurt is thought to have been created accidentally when milk was stored in warm climates.



## NUTRIENTS FOUND IN YOGURT

- ~ Yogurt contains active cultures, also known as probiotics or “good bacteria” that help improve digestion, stimulate your immune system, and fight infections.
- ~ Yogurt contains important nutrients like protein, calcium, phosphorus, potassium and B vitamins that help build healthy bones, muscles, and nervous system.
- ~ Calcium in yogurt is more easily absorbed in your body than calcium found in non-dairy foods.

The liquid that gathers on top of yogurt once you open it is called “whey” and contains a lot of calcium so don’t pour it out, stir it in.



Oregon cows produce about 2.2 billion pounds of milk each year, some of which is used to make yogurt.



Oregon has 22 dairy processors who make yogurt and other great dairy products.



Look for the Live and Active Cultures seal from the National Yogurt Association to make sure you get at least 100 million active starter cultures per gram, the “good bacteria” or probiotics.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.