

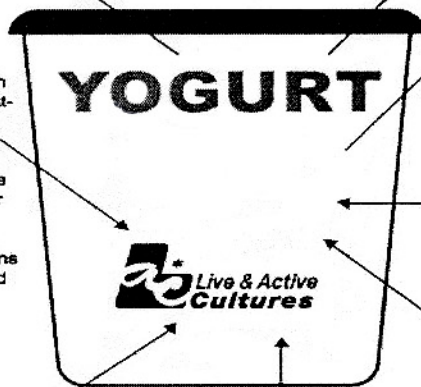
SIMPLY GOOD FOOD

Yogurt

Lowfat and nonfat: There are three types of yogurt: regular yogurt, lowfat yogurt and nonfat yogurt. Yogurt made from whole milk has at least 3.25 percent milk fat. Lowfat yogurt is made from lowfat milk or part-skim milk and has between 2 and 0.5 percent milk fat, while nonfat yogurt is made from skim milk and contains less than 0.5 percent milk fat.

Lite (light) yogurt: Yogurt with a 50 percent reduction in calories.

Contains active yogurt cultures: Yogurt labeled with this phrase has not been heat-treated after culturing and contains the live and active bacteria thought to provide yogurt with its many desirable healthful properties. Look for the National Yogurt Association's LAC seal to ensure that the yogurt contains a significant amount of live and active cultures.



Swiss or custard: Fruit and yogurt are mixed together for individual servings. To ensure firmness or body, a stabilizer, such as gelatin, may be added. Also called "blended" yogurt.

Heat-treated: Yogurt labeled with this phrase has been heated after culturing thereby killing the live and active yogurt cultures.

Liquid yogurt: Fruit and yogurt are blended into a drinkable liquid.

Made with active cultures: FDA regulations require that all yogurts be made with active cultures. Only those that are not heat-treated, however, retain live and active cultures when they reach consumers.

Sundae or fruit-on-the-bottom: Fruit is on the bottom, so that turned upside down, it looks like a sundae. Consumers can mix them together to make it smooth and creamy.

Source: Aboutyogurt.com; The National Yogurt Association

YOGURT: In ancient times, women found that if they let milk ferment into curds and whey, the tart and creamy curd could be kept much longer than fresh milk. We now know that curd as yogurt. Yogurt surfaced in the 1940's in the United States as a "health food." In the 1960's it gained recognition as "hippie food." Now, it has become a mainstay in the grocery store dairy aisle. Yogurt is a good source of calcium and a top-quality protein. Experts disagree on numerous other health claims about yogurt. (1)



Dip A Veggie Doo Da Dip

2 cups fresh vegetables
(broccoli, peppers, mushrooms,
cauliflower, baby carrots)
1 cup plain lowfat yogurt
1/4 cup mayonnaise
1/4 envelope dry/powdered salad dressing
mix

Wash, peel, and chop vegetables into bite-size pieces. Stir yogurt, mayonnaise, and salad dressing mix together; cover and keep refrigerated. Serves 5.

Per serving: 3g protein, 9.5g fat, 92 mg calcium, 4g carbohydrates, 112 calories



Pledge of Allegiance Parfaits

1 cup strawberries, sliced
1 cup blueberries
2 cups vanilla or French vanilla lowfat yogurt

Fill the bottom of parfait glasses with strawberries. Add yogurt and blueberries, and then repeat layers in original order. Top with a flag decoration and serve. Serves 2.

Per serving: 4g protein, 1g fat, 450 mg calcium, 16.5g carbohydrates, 85 calories

Nuts and Bolts Pasta Salad

4 oz. tricolor corkscrew pasta (rotini)
4 oz. wheel-shaped pasta (rotelle)
2 cups frozen mixed vegetables
1/2 cup plain lowfat yogurt
4 Tbs. Parmesan cheese
2 Tbs. mayonnaise
2 Tbs. milk
tsp. garlic powder

Cook pasta in boiling water for 10 minutes; add frozen vegetables and cook for 2 minutes more. Drain, rinse, and cool to room temperature. Mix yogurt, Parmesan cheese, mayonnaise, milk and garlic powder together in large bowl. Add pasta and vegetables to yogurt mixture and toss. Refrigerate at least 2 hours. Serves 8.

Per serving: 7g protein, 4.5 g fat, 93 mg calcium, 26g carbohydrates, 170 calories



Apple Pie in a Glass

1 1/2 cups milk
3 Tbsp frozen apple juice concentrate
1/2 cup fat free or lowfat vanilla frozen yogurt
1/4 tsp ground cinnamon

Mix all ingredients in a blender. Blend until smooth. Serve and enjoy. Serves 1.

Per serving: 0g fat, 25% calcium, 160 calories

Supporting State Extension Goal: Health, Safety and Well Being

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Source: (1) *"The Nutrition Bible"* by Jean Anderson,
M.S. and Barbara Deskins, Ph.D., R.D.;