



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

Get Cultured: Yogurt Edition

You have probably heard the buzz about yogurt and its health benefits, but what is the real scoop? This creamy probiotic-packed treat is not only delicious but also loaded with essential nutrients. Yogurt is a source of protein, calcium, and B vitamins, and contains beneficial bacteria that promote a healthy gut microbiome. Yogurt is incredibly versatile—it can be enjoyed plain, paired with fruit, or blended into smoothies. *Culture* yourself using the tips below to see how you can elevate your meals with yogurt!

Yogurt: A Nutrient Powerhouse

Yogurt is a nutritious choice:

- One cup of dairy-based, low-fat yogurt provides 30%-45% of your daily calcium needs.
- One serving of low-fat Greek yogurt contains as much protein as three eggs.

Navigating Yogurt Options

Here are some tips to help you choose:

- Opt for low-fat or fat-free options.
- Pick plain yogurt and add your own flavors with fruit or cinnamon to avoid added sugars.
- Look for “live and active cultures” on the label to get the probiotic benefits.

Creative Ways to Doll Up Your Yogurt

- **Pumpkin spice yogurt bowl:** Start with plain Greek yogurt and add cinnamon, granola, and pumpkin seeds.
- **Oatmeal yogurt bowl:** Add yogurt to your oatmeal and top with fruit.
- **Delicious dips:** Try Greek yogurt mixed with sriracha as a dip for your veggies or make a fruit dip by mixing yogurt with cinnamon.
- **Tasty topping:** Replace sour cream with plain Greek yogurt to top off savory meals or soups.
- **In a rush?** Grab a single-serving, sealed yogurt at a campus retail operation.

With these tips, you'll want to be eating yogurt on a dairy basis.

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References: *What to Look for in Yogurt* Available at: <https://www.eatright.org/food/food-groups/dairy-and-alternatives/what-to-look-for-in-yogurt> Accessed on 10/26/24. *Yogurt* Available at: <https://nutritionsource.hsph.harvard.edu/food-features/yogurt/> Accessed on 10/25/24. *Yogurt, Greek, plain, nonfat* Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170894/nutrients> Accessed on: 10/27/24.