

Yogurt has been a food staple in the Middle East for millennia, but it did not become a mainstay in the United States until the latter part of the 19th century. The Dannon company achieved some minor success in 1947 when it first mixed strawberry preserves into yogurt and offered it as a sweetened dessert. (about.com) The nutritional benefits of yogurt is equal to standard milk products, including protein, calcium, vitamins and minerals, in addition to the live active cultures.

Yogurt is popular in parfaits and smoothies, making easy, fruity, delicious dishes. Yogurt also has some beneficial cooking applications. Yogurt can be used for baked goods, marinade, soups, stews, sauces, dressings and dips.

Yogurt may never serve as a substitute for fluid milk at meals.

Be wary of certain yogurt product, in particular yogurt covered products. These products are not creditable because there is not enough yogurt in these products to be creditable.



Additionally, frozen yogurt and yogurt bars are not creditable.

How Much is Enough?

Because of the moisture content in yogurt, children must be served 4 times the amount of yogurt as they would chicken, beef or other meats at meals and snacks.

	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Snack	2 ounces (or 1/4 cup)	2 ounces (or 1/4 cup)	4 ounces (or 1/2 cup)
Lunch and Dinner	4 ounces (1/2 cup)	6 ounces (3/4 cup)	8 ounces (1 cup)



Yogurt, even if it is designed for infants, is not creditable for infants under 1 year of age.



While homemade is often better, homemade yogurt is not creditable.

Yogurt Parfaits

Vanilla low fat yogurt (refer to chart at left for amount)

Fresh fruits (diced or chopped)

Choice of toppings: Nuts, granola, crushed graham crackers, sprinkles

Scoop the yogurt into individual serving bowls.

Refrigerate or freeze until ready to use. Let the children choose from the healthy toppings you have prepared to create a healthy, delicious frozen yogurt parfait.

Credit: fruit/meat alt

Frozen Yogurt Pops

4 c. fruit flavored yogurt

2 cans pears, undrained

Combine yogurt and pears in blender and blend until smooth. Pour into 6-7 ice-pop molds and freeze overnight until firm.

Credit: fruit/meat alt.

The fruit in commercial yogurt is not creditable because it contains less than 1/8 cup fruit per serving.

Cooking with Yogurt

- Yogurt can be substituted for mayonnaise or sour cream in equal amounts in recipes.
- Yogurt can be used to substitute heavy creams in sauces. Beware of curdling, find directions on how much starch to add to the recipe to prevent curdling.
- Yogurt tenderizes baked goods, it helps keep them moist.
- Avoid aluminum pans and products when cooking with yogurt. The acid in yogurt create a negative reaction with aluminum.
- To avoid separation when adding or mixing into hot liquids, add yogurt when it is at room temperature or warm before mixing.

Sources: about.com and www.stonyfield.com

