

# Yogurt

**CREATE**  
HEALTHY CHOICES



- Great source of calcium and vitamin D for strong and healthy teeth and bones.
- Healthy source of protein.
- Probiotics in yogurt help improve digestive tract health.
- Use yogurt as a thickener for fruit dips and smoothies or use plain yogurt as a tangy replacement for sour cream or mayo in any dish.

**CREATE** SNAP-ED  
**BETTER HEALTH**

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