7 WAYS YOGURT CAN HELP YOUR BODY

One serving of yogurt contains many of the essential nutrients your body needs, including:

- **CALCIUM**: Helps build and maintain strong bones and teeth. 20% DAILY VALUE
- **PROTEIN**: Helps build and repair muscle tissue. 17% DAILY VALUE
- **PHOSPHORUS**: Helps build and maintain strong bones and teeth, supports tissue growth. 20% DAILY VALUE
- **RIBOFLAVIN**: Helps your body use carbohydrates, fats and protein for fuel. 25% DAILY VALUE
- **VITAMIN B12**: Helps with normal blood function, helps keep the nervous system healthy. 40% DAILY VALUE
- **PANTOTHENIC ACID**: Helps your body use carbohydrates, fats and protein for fuel. 20% DAILY VALUE
- **ZINC**: Helps your body's immune system work properly. 15% DAILY VALUE


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