

DISCOVER THE

# Benefits of Yogurt!

Yogurt is a high-protein food

Yogurt can be an excellent source of protein!

Yogurt contains good bacteria

The words live and active cultures mean that your yogurt has probiotics, beneficial bugs that live in your digestive tract and help crowd out harmful microorganisms that can cause intestinal infections.

Yogurt is full of vitamins

One serving is a significant source of potassium, phosphorous, riboflavin, iodine, zinc, and vitamin B5 (pantothenic acid). Yogurt also contains B12, which maintains red blood cells and helps keep your nervous system functioning properly.

Yogurt may prevent high blood pressure

Every day most of us consume more than 2 times the recommended amount of salt; over time that can lead to hypertension and kidney and heart disease. The potassium in yogurt, may help flush some of the excess sodium out of your body.

One serving of yogurt a day keeps the colds away

Eat four ounces each day and you may find yourself snuffle-free in the coming months, says a study at the University of Vienna.

Yogurt can help your smile

Despite some sugar content, yogurt doesn't cause cavities. Some scientists have found that the yogurt they tested did not erode tooth enamel, the main cause of decay.



[driftwooddairy.com](http://driftwooddairy.com)

Driftwood Dairy 10724 E. Lower Azusa Rd El Monte Ca. 91724