

# Yogurt Nutrition

Like other dairy products, yogurt is a good source of high-quality protein, calcium, potassium and riboflavin. Scientists have found that yogurt with specific health-benefiting active cultures (probiotics) may contribute to a healthy digestive system. Some yogurts carry a seal on the label indicating that the yogurt contains a significant level of live, active cultures. Many people with symptoms of lactose intolerance experience fewer symptoms after eating yogurt than after drinking milk.

Nutrient Content of Yogurt (per 1-cup serving)*								
Yogurt	Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Calcium (g)	Potassium (mg)	Riboflavin (mg)	Cholesterol (mg)
Whole (3.25% fat) plain, non-fortified	149	8	9	11	296	380	0.3	32
Low-fat (1.5% fat) plain, fortified	154	4	13	17	447	573	0.5	15
Nonfat plain, fortified	137	0.4	14	19	488	625	0.6	5
Low-fat (1.0% fat) vanilla, fortified	208	3	12	34	419	537	0.5	12
Frozen yogurt, vanilla, soft-serve	235	8	6	35	206	304	0.32	3

\* U.S. Department of Agriculture Research Service, 2004.  
USDA Nutrient Database for Standard Reference, Release 17.  
Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>

## Sources

California Department of Food and Agriculture  
McGee, Harold. *On Food and Cooking*. New York: Scribner, 2005  
National Dairy Council