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No. 202

nutrition tips for today's families

yogurt for kids

Yogurt can be a healthy snack for you and your children. But some yogurts that are marketed to children are more like a dessert.

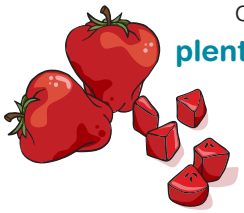
Choose yogurt with:

a short ingredient list. Yogurt is made with two ingredients - milk and live cultures. Many yogurts are sweetened with fruits, which is good.

less sugar. Read the label of a few different yogurts, and choose the yogurt with the lowest added sugar.

fat-free milk or low fat milk. Choose yogurt made with skim (fat-free) or 1% (low fat) milk.

plenty of calcium. Look for about 20% DV or more for calcium on the label.



Sweeten yogurt with fruit.
Buy a large container of nonfat vanilla yogurt and add your own flavor.

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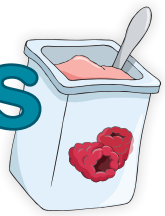
en español



yogur para niños

El yogur puede ser un bocadillo saludable para usted y sus niños. Aunque algunos yogures comercializados hacia los niños se parecen más a un postre.

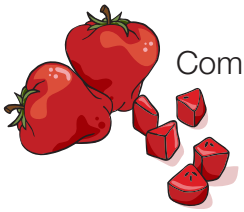
Elija yogur con:

una lista breve de ingredientes. El yogur se hace con dos ingredientes - leche y cultivo vivo. Muchos yogures están endulzados con fruta, y eso es bueno.

poco azúcar. Lea las etiquetas de varios yogures distintos, y elija el que tenga menos azúcar.

leche descremada o semidescremada. Elija el yogur hecho con leche descremada o descremada en 1%.

bastante calcio. Busque que tenga cerca del 20% de la dosis diaria de calcio en la etiqueta.



Endulce el yogur con fruta.
Compre un envase grande de yogur descremado de vainilla y agregue su propio sabor.

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