9 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.

- **Protein**
  Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.

- **Phosphorus**
  Helps build and maintain strong bones and teeth, supports tissue growth.

- **Vitamin B12**
  Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.

- **Riboflavin**
  Helps your body use carbohydrates, fats and protein for fuel.

- **Pantothenic acid**
  Helps your body use carbohydrates, fats and protein for fuel.

- **Zinc**
  Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

- **Selenium**
  Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

- **Iodine**
  Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

**REFERENCES**
- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.