



Yogurt Parfait

1 serving
Net Wt:

Ingredients	Preparation
1/4 cup of strawberries	In a glass first layer fruit on the bottom
3/4 cup of strawberry yogurt	Next layer yogurt
1/4 cup granola	Put granola on the top and Enjoy!
300 Calories & 9 grams of protein!	* Allergens: milk, gluten

Food 4 Thought
Santa Ana 92705



Yogurt Parfait Health Tips



Yogurt: Good source of calcium & protein

Yogurt: Better tolerated than milk because it has less lactose

Yogurt: Good quality yogurt has good bacteria "active live cultures" to help with digestion.
READ the food LABEL and make sure bacteria is in the ingredient list

Granola: Lowers bad cholesterol & total cholesterol because of soluble fiber

***Strawberries:** Have lots of antioxidants, vitamins & fiber.

Fun Fact: 1 cup of sliced strawberries has almost as much vitamin C as orange juice + fiber!

* Studies have shown these items may improve chronic disease

For more information contact
Maria Galvan, R.D. Nutrition Specialist
maria.galvan@sausd.us

