



7 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.	20% DAILY VALUE
PROTEIN	Helps build and repair muscle tissue.	17% DAILY VALUE
PHOSPHORUS	Helps build and maintain strong bones and teeth, supports tissue growth.	20% DAILY VALUE
RIBOFLAVIN	Helps your body use carbohydrates, fats and protein for fuel.	25% DAILY VALUE
VITAMIN B12	Helps with normal blood function, helps keep the nervous system healthy.	40% DAILY VALUE
PANTOTHENIC ACID	Helps your body use carbohydrates, fats and protein for fuel.	20% DAILY VALUE
ZINC	Helps your body's immune system work properly.	15% DAILY VALUE

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.

www.nationaldairyCouncil.org/ | [@NtIDairyCouncil](https://twitter.com/NtIDairyCouncil) | **NDC** NATIONAL DAIRY COUNCIL™

Source: U.S. Department of Agriculture, Agricultural Research Service, 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.nndb.gov/nutritiondata>. Low-fat vanilla yogurt (109119)
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Oregon Cascades West

Dining Centers & Days of Service Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center

Monday-Friday (541) 967-7647

Brownsville Christian Church

Tues & Thurs (541) 466-5015

Lebanon Senior Center

Monday-Friday (541) 451-1139

Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks

Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

Newport Senior Center

Mon., Wed., Fri (541) 574-0669

Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796