



# Yogurt-On-The-Go

**Servings:** 1  
**Serving Size:** 1 cup

**Ingredients:**  
 ¾ cup low fat plain yogurt or low fat vanilla yogurt  
 1 Tablespoon raisins  
 1 Tablespoon sunflower seeds  
 ⅓ cup strawberries, washed and sliced

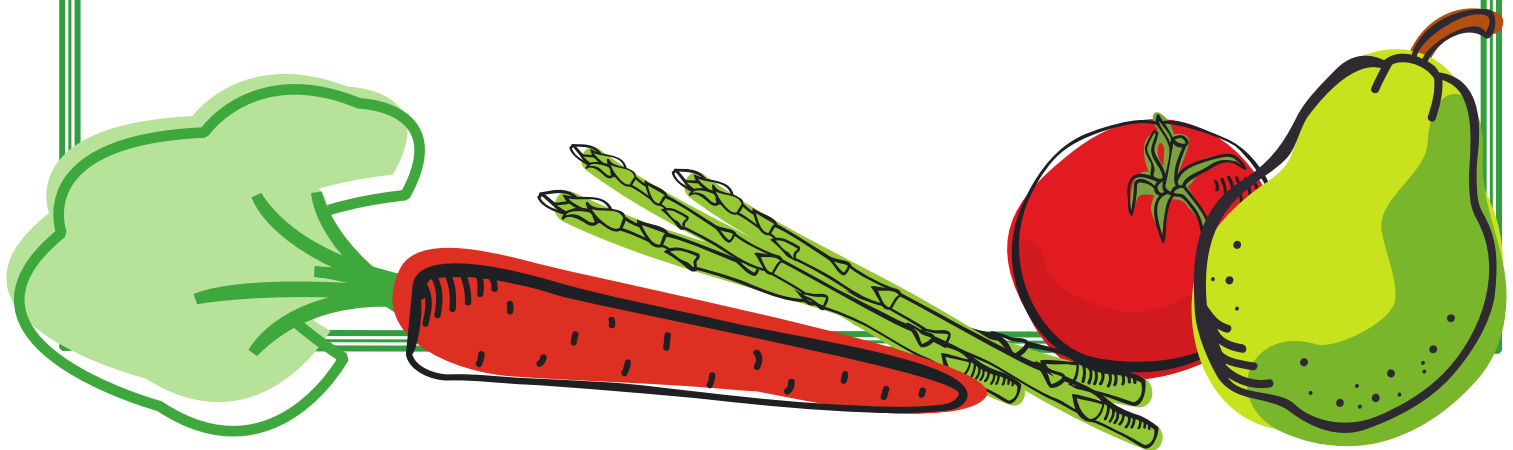
**Directions:**  
 1. Mix all ingredients in a cup or bowl.

| <b>Nutrition Facts</b>        |                             |
|-------------------------------|-----------------------------|
| Serving Size 1 1/4 cup        |                             |
| Servings Per Container 1      |                             |
| Amount Per Serving            |                             |
| <b>Calories 210</b>           | <b>Calories from Fat 60</b> |
| % Daily Value*                |                             |
| <b>Total Fat 7g</b>           | <b>11%</b>                  |
| Saturated Fat 2.5g            | <b>13%</b>                  |
| Trans Fat 0g                  |                             |
| <b>Cholesterol 15mg</b>       | <b>5%</b>                   |
| <b>Sodium 130mg</b>           | <b>5%</b>                   |
| <b>Total Carbohydrate 26g</b> | <b>9%</b>                   |
| Dietary Fiber 2g              | <b>8%</b>                   |
| Sugars 22g                    |                             |
| <b>Protein 11g</b>            |                             |
| Vitamin A 8%                  | • Vitamin C 60%             |
| Calcium 30%                   | • Iron 6%                   |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4



**For more recipes:** [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

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