Include yogurt as a part of a balanced diet and a healthy lifestyle. Choosing yogurt made with milk enriched with VITAMIN D can help ensure you get enough vitamin D as well as calcium.

Yogurt is extremely versatile and can be used as a substitute for many high fat foods. Try using low fat Greek yogurt instead of mayonnaise, sour cream and cream. It especially lends itself to cool dishes such as chilled soups, fruit smoothies, salad dressings, dips or as a dessert topping.