

## Mayo Clinic Minute

### Creating healthier yogurts

VIDEO	AUDIO
	We're going to take our half cup of yogurt.
	To build a better yogurt breakfast, start simple.
	<i>Sound of measuring cup tapping on container</i>
Title: JEN WELPER EXECUTIVE WELLNESS CHEF Mayo Clinic Healthy Living Program	Really, what you want to look for is something that is plain, no fat. And, then, if you want to add some sort of flavor to it, you could add like a vanilla extract of some sort ... almond extract of your own.
	Mayo Clinic chef Jen Welper says do-it-yourself sweetening may take a little more time, but it will also mean less added sugar than what can come in flavored yogurt.
	Your breakfast: That should be more of a well-balanced, kind of healthful meal. And you want to keep the added sugar to very limited.
	Spoon on fresh fruit for more natural sweetness and the added benefit of fiber.
	The volume of that food is going to make you feel fuller, longer.
	If you prefer a smoother yogurt, cook down your favorite fruits.
	This is literally just cooked berries – no added sugar, no added water.
	And layer a yogurt breakfast that's still big in flavor, but lower in sugar.
	And there you've got kind of a nice breakfast parfait.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.