


A New Take on Yogurt

Yogurt has gone from a natural foods niche to a staple in the refrigerators of most Americans. A few years ago we were introduced to Greek yogurt, in which the watery whey is removed by straining, leaving a creamier, thicker yogurt with higher protein and lower sugar content. After that, Icelandic and Australian yogurts became the new kids on the block. Icelandic yogurts are created similarly to Greek, resulting in a thicker, creamier, and more protein-rich product. Australian yogurts aren't strained, but are also thick and creamy. Most recently newer styles of yogurts are made from alternative milks, such as sheep, goat, soy, almond, and coconut milks.

Deciding which yogurt to choose is getting more complicated. There are key factors to consider. Yogurt is a good source of protein, and milk-based yogurts can be a good source of calcium. Another factor—sugar—is more complex. Milk-based yogurts naturally contain sugar as lactose. So, even the healthiest of yogurts contain some naturally-occurring sugar. The issue is with *added* sugars, which is what you should limit in your diet. Plain yogurts naturally contain about 7-11 grams of sugar per serving; anything more in flavored yogurts is likely added sugars.

Helpful Hints. Keep the following in mind when scanning the yogurt case.

- ▶ **Fat Check.** Those made with whole milk or with added cream contain significant amounts of saturated fat. However, there is almost no end to the availability of low-or non-fat yogurts available, containing little to no saturated fat.
- ▶ **Keep it Simple.** Typically, the fewer added extra ingredients, like fruit purees and other flavorings, the better. These items add naturally-occurring sugar, however refined sugars are often added to further enhance the sweetness.
- ▶ **Flavor it Up.** Plain yogurt is often recommended for health reasons, but it doesn't have to be ho-hum. Add flavor and variety with extracts such as vanilla or coconut, spices like cinnamon or nutmeg; or fresh chopped fruit, nuts, and seeds. 

—Heidi McIndoo, MS, RD



Yogurts that are lower in sugar are your best picks.

© Chobani | Siggis | Smari



New Age Yogurt Nutritional Comparison

✓ = EN's Picks. As with all EN comparisons, this is only a sampling of products. Picks contain no more than 1.5 g saturated fat (8% DV), 16 g sugar*, and at least 150 mg calcium** (15% DV).

YOGURTS (1 INDIVIDUAL CONTAINER)	Serv Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Sugar* (g)	Protein (g)	Calcium (mg)
DAIRY									
Brown Cow Cream Top Whole Milk Maple	6	170	7	4	23	85	23	5	200
Brown Cow Cream Top Whole Milk Peach	6	180	6	3.5	28	75	27	5	200
Organic Valley Grassmilk Whole Milk Yogurt Strawberry	6	160	5	3	21	100	20	6	250
Maple Hill Creamery Cream on Top Whole Milk Yogurt Apple	6	150	7	4.5	16	75	14	6	200
Organic Valley Grassmilk Whole Milk Yogurt Plain	6	130	6	3.5	11	115	11	7	300
Stonyfield Organic Smooth & Creamy Lowfat Yogurt Raspberry	6	130	1.5	1	23	105	22	7	250
Trader Joe's Nonfat Yogurt Strawberry	6	130	0	0	26	100	24	6	250
Wallaby Organic Lowfat Vanilla	6	140	2.5	1.5	24	75	20	6	250
AUSTRALIAN, GREEK, AND ICELANDIC									
Brown Cow Greek Nonfat Yogurt Vanilla	5.3	130	0	0	21	50	19	12	150
Brown Cow Greek Whole Milk Strawberry	5.3	150	4.5	2.5	16	130	15	12	150
✓ Chobani Greek Nonfat Yogurt Plain	5.3	80	0	0	6	55	4	15	150
✓ Chobani Greek Fruit on the Bottom Yogurt Blackberry	5.3	120	0	0	18	50	16	12	150
✓ Fage Total 0% Yogurt Plain	6	100	0	0	7	65	7	18	200
✓ Fage Total 2% Yogurt Blueberry	5.3	140	2.5	1.5	18	40	16	12	150
Icelandic Provisions Skyr Strawberry with Lingonberry	5.3	126	2	1	13	63	12	15	140
✓ Oikos Greek Nonfat Yogurt Plain	5.3	80	0	0	6	60	6	15	150
✓ Oikos Triple Zero Greek Nonfat Yogurt Salted Caramel	5.3	120	0	0	14	125	6	15	150
✓ Siggis 0% Milkfat Orange & Ginger	5.3	120	0	0	12	55	9	17	150
Siggis Icelandic Style Cream Skyr Strawberry & Rhubarb	4.4	140	4.5	3	12	55	8	12	100
Siggis Triple Cream Lemon	4	170	10	6	10	30	8	9	100
✓ Smari Organic Icelandic Yogurt Blueberry	5	110	0	0	14	50	12	14	150
✓ Smari Organic Icelandic Yogurt Pure	5	80	0	0	6	60	4	17	200
✓ Stonyfield Organic Greek 0% Fat Yogurt Superfruits	5.3	120	0	0	17	110	16	13	150
✓ Trader Joe's Greek Nonfat Yogurt Honey	5.3	120	0	0	17	55	13	14	150
✓ Wallaby Organic Greek 0% Fat Yogurt Raspberry	5.3	120	0	0	17	100	14	12	150
Wallaby Organic Greek Lowfat Yogurt Plain	6	130	3	2	7	100	4	17	200
ALTERNATIVE MILK AND PLANT-BASED YOGURTS									
Forager Cashewgurt Lemon	5.3	130	5	1	19	5	12	2	20
Kite Hill Artisan Almond Milk Yogurt Pineapple	5.3	180	10	1.5	18	0	17	5	0
Kite Hill Artisan Almond Milk Yogurt Plain	5.3	160	13	2	5	0	5	6	0
✓ Nancy's Organic Cultured Soy Vanilla	6	120	3	0	19	20	10	4	150
Old Chatham Shepherding Co Black Sheep Yogurt Maple	6	170	9	5	15	50	11	8	300
Old Chatham Shepherding Co Black Sheep Yogurt Plain	6	140	9	5	7	65	3	10	300
Redwood Hill Farm Goat Milk Yogurt Plain	6	100	4.5	3	7	80	7	7	200
Redwood Hill Farm Goat Milk Yogurt Vanilla	6	140	5	3	18	65	13	5	150
✓ Silk Almond Dairy Free Yogurt Alternative Plain	5.3	180	13	1	10	65	6	6	150
Silk Soy Dairy Free Yogurt Alternative Blueberry	5.3	140	3.5	0.5	22	85	17	6	200
So Delicious Coconut Milk Yogurt Alternative Chocolate	5.3	150	5	4	27	55	20	<1	200
So Delicious Coconut Milk Yogurt Alternative Unsw Vanilla	5.3	80	4.5	4	8	35	<1	<1	350

Notes: *Sugar grams on product label may include some naturally-occurring sugars in addition to added sugars. **Calcium DV will be changing with the new nutrition labels; this information is based on the current DV of 1000 mg. Nutrition information is based on individual serving size portions; g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value (daily requirement based on 2,000 calories/day diet). Source: product labels and company website.