



Shoppers Guide

Yogurt

There was a time when buying yogurt meant choosing between two or three brands and deciding if you wanted your snack to be plain or one of a few fruit flavors. These days, grocery stores' yogurt sections run from floor to ceiling and are equally as wide. Not only have the flavor options expanded dramatically, but now you can decide between traditional, Greek, whipped, non-dairy, mix-ins, and more. Originally yogurt was one of the mainstays of healthy eating, but how do the countless new varieties affect that characteristic?

Yogurt is often known for being a good source of calcium and protein as well as being a food source of probiotics. Areas to watch out for include saturated fat and sugar content. Dairy-based yogurts naturally contain both. To limit saturated fat, choose yogurts made with low-fat milk. When it comes to sugar, it's the added (not naturally occurring) sugar that you want to limit. Keep in mind that 8 ounces of plain, whole milk yogurt naturally contains between 10 and 14 grams of sugar. So, when choosing a yogurt that sounds yummy to you, aim for 12 grams of sugar or less per serving and enjoy!

Helpful Hints. Consider these ideas when perusing the yogurt aisle.

- ▶ **Size matters.** You'll notice the portion sizes in the chart vary a bit based on the companies' cup sizes. The small ones may be skimpy on the protein and calcium while the large ones may go overboard on fat and sugar. Choose those that meet your specific needs best.
- ▶ **Plain Jane.** Added sugar-wise, plain is certainly the best choice, but not everyone cares for the flavor. You can try added your own fruit, spices, and extracts to enhance the flavor. Or, look for a flavored yogurt with a lower sugar content and count a few grams as part of your daily added sugar budget.
- ▶ **Missing nutrients.** The dairy-free alternatives often lack the protein and/or calcium of their counterparts. If choosing these, be sure the rest of the day's food choices provide adequate amounts of these nutrients.

—Heidi McIndoo, MS, RD



Dairy or non-dairy, there are yogurt options for all.

Yogurt Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Yogurt picks contain no more 200 calories (10% DV), 2 g sat fat (10% DV) and 12 g sugar and at least 4 g protein (1% Daily Value).

YOGURT	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Traditional Cow's Milk									
Brown Cow Whole Milk, Maple, <i>GF</i>	8	230	9	5	31	110	0	29	7
Stonyfield Organic Double Cream, Plain, <i>GF</i>	8	210	15	9	12	115	0	10	8
Stonyfield Organic Low Fat Peach, <i>GF</i>	5.3	110	1.5	1	17	85	0	14	6
Maple Hill Organic Whole Milk, Plain	5.3	120	5	3.5	11	95	0	9	6
365 Organic Whole Milk, Vanilla, <i>GF</i>	5.3	140	5	3	18	75	0	15	5
✓ 365 Organic Low-fat, Plain, <i>GF</i>	6	90	1.5	1	11	105	0	9	7
Noosa Strawberry Rhubarb, <i>GF</i>	8	320	13	8	39	110	2.5	35	12
Noosa Mates, Banana Chocolate Peanut, <i>GF</i>	5.6	270	13	7	31	90	1	24	9
Yoplait Fruit Sides, Strawberry, <i>GF</i>	5.3	160	4	2.5	25	85	<1	19	5
Yoplait Mix-Ins Very Berry Crisp	5.3	180	4	2	31	130	0	22	7
Dannon Non-Fat, Plain, <i>GF</i>	8	120	0	0	18	150	0	15	10
Dannon Low-Fat, Coffee, <i>GF</i>	5.3	140	2	1.5	24	90	0	22	7
Yoplait Whips Orange Crème, <i>GF</i>	4	140	2.5	1.5	25	75	0	21	5
✓ Activia Black Cherry	4	90	1.5	1	16	55	0	12	4
Greek/Icelandic									
Trader Joe's Greek Non-Fat, Black Raspberry	5.3	120	0	0	17	50	0	15	13
✓ Stonyfield Organic 0% Fat Greek, Plain, <i>GF</i>	8	130	0	0	10	90	0	7	22
✓ Chobani Non-Fat Greek, Plain, <i>GF</i>	8	120	0	0	9	85	0	6	22
Chobani 0% Fat Greek with Black Cherry, <i>GF</i>	5.3	120	0	0	19	55	<1	16	12
✓ Skyr Icelandic Provisions, Plain	5.3	115	2	1	8	70	0	5	17
✓ Skyr Icelandic Provisions, Key Lime	5.3	130	2	1	14	110	0	11	15
Chobani Flip, Apple Crisp Twist	5.3	190	7	2.5	21	65	<1	15	11
Siggi's 4% no added sugar, Banana & Cinnamon	4.4	120	4	2.5	10	50	1	5	11
Siggi's 2%, Coconut	5.3	170	5	4	16	70	0	11	15
Fage Total 2% Plain, <i>GF</i>	7	140	4	2.5	6	65	0	6	20
✓ Fage Total 0% Split Cup, Raspberry, <i>GF</i>	5.3	110	0	0	14	45	0	11	13
Fage Crossovers Lemon with Shortbread Crumble	5.3	210	6	4	26	60	<1	19	12
✓ Dannon Oikos Triple Zero Banana Creme	5.3	120	0	0	14	65	6	6	15
✓ Dannon Oikos Protein Crunch, Vanilla Yogurt with Blueberry Rolled Oats	5	150	0	0	20	95	6	9	17
✓ Yoplait Greek 100 Whips! Strawberry Cheesecake, <i>GF</i>	4	100	0	0	15	50	0	12	9
Dairy-Free									
Trader Joe's Cultured Coconut Milk, Blueberry	6	170	8	7	23	25	0	14	<1
So Delicious Coconut Milk, Unsweetened, <i>GF</i>	5.3	70	5	4.5	7	30	2	<1	<1
So Delicious Coconut Milk, Strawberry Banana, <i>GF</i>	5.3	140	4	3.5	24	30	2	18	<1
Forager Project Organic Cashewgurt, Plain	5.3	100	7	1.5	9	5	1	1	3
Forager Project Organic Coconut Cashewgurt, Mango	4	130	8	5	13	5	0	7	2
✓ Vega Protein Cashewmilk Yogurt Alternative, Vanilla	5.3	180	8	1.5	18	160	6	7	13
✓ Vega Protein Cashewmilk Yogurt Alternative, Strawberry	5.3	180	8	1.5	18	160	6	7	13
✓ Kite Hill Artisan Almond Milk, Plain, <i>GF</i>	5.3	120	12	0.5	7	10	2	4	4
Kite Hill Artisan Almond Milk, Pineapple, <i>GF</i>	5.3	160	10	0.5	22	10	2	19	3
✓ Kite Hill Greek Style Soy & Dairy Free, Blueberry, <i>GF</i>	5.3	200	10	1	18	10	0	12	10
✓ Kite Hill Greek Style Soy & Dairy Free, Plain Unsweetened, <i>GF</i>	5.3	180	12	1	7	10	0	2	11

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, GF=Gluten Free. Daily requirement based on 2,000 calorie/day diet. Source: food packages and company websites. *Note: serving sizes vary due to different package sizes