

Not All Yogurts Are Created Equal

Yogurt Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Yogurt picks contain no more than 120 calories (6% DV), 3 grams (g) fat (5% DV), 1 g saturated fat (5% DV), 5 g protein (10% DV), and 16 g sugar.

Yogurts	Serv (oz)	Calories (g)	Sugar (g)	Pro (g)	Carb (g)	Fat (g)	Sat Fat (g)	Fiber (g)
TRADITIONAL YOGURT								
365 Organic Fruit on the Bottom Lemon Nonfat Yogurt	6	140	28	7	29	0	0	0
Dannon Activia Dessert Peach Cobbler	4	140	19	6	21	4	2.5	0
Dannon Activia Fiber Strawberry & Cereal	4	110	16	3	20	2	1	3
Dannon Activia Parfait Crunch Mixed Berry	6	220	30	7	43	3	1.5	2
✓ Dannon All Natural Plain Nonfat	6	80	12	9	12	0	0	0
Dannon Fruit on the Bottom Blueberry	6	140	25	6	26	1.5	1	<1
✓ Dannon Light & Fit Key Lime	6	80	11	5	16	0	0	0
Liberté Nonfat Yogurt Peach Passion Fruit	5	130	19	13	20	0	0	0
Stonyfield B-Healthy Lowfat Strawberry Acai	4	90	14	4	15	1	0.5	<1
Stonyfield Cherry Vanilla Smooth & Creamy Lowfat	6	170	21	7	23	1.5	1	0
Stonyfield Lemon Smooth & Creamy 0% Fat	6	130	25	7	26	0	0	0
Stonyfield Superfruits Fruit on the Bottom 0% Fat	6	120	22	6	22	0	0	0
Wallaby Organic Berries & Cream Down Under Lowfat Yogurt	6	140	21	6	25	2	1.5	1
✓ Weight Watchers Amaretto Cheesecake	6	100	12	6	17	0	0	3
Trader Joe's French Village Mixed Berry Nonfat Yogurt	6	130	24	6	26	0	0	0
Trader Joe's Organic Lowfat Yogurt Raspberry	6	130	22	7	23	1.5	1	0
✓ Yoplait Delights Chocolate Raspberry	4	100	13	5	18	1.5	1	0
Yoplait Fiber One Nonfat Yogurt Blueberry	4	50	4	3	13	0	0	5
✓ Yoplait Light Black Forest Cake	6	110	15	6	20	0	0	0
Yoplait Original Banana Crème	6	170	26	5	33	1.5	1	0
Yoplait Thick & Creamy Strawberry	6	180	28	7	31	2.5	1.5	0
Yoplait Whips Strawberry Mist	4	140	21	5	25	2.5	2	0
Yoplait YoPlus Peach	4	110	15	4	22	1.5	1	3
GREEK STYLE								
Chobani Black Cherry 0% Greek Yogurt	6	150	21	14	22	0	0	0
Chobani Pineapple 2% Greek Yogurt	6	160	18	13	21	2.5	2	0
✓ Chobani Plain 0% Greek Yogurt	6	100	7	18	7	0	0	0
Dannon Greek Honey	5.3	140	21	12	23	0	0	0
✓ Dannon Greek Plain	5.3	80	6	15	6	0	0	0
✓ Fage Total 0% Plain	6	90	7	15	7	0	0	0
✓ Fage Total 0% Strawberry Goji	5.3	110	16	11	17	0	0	0
Fage Total 2% Honey	5.3	180	29	10	29	2.5	1.5	0
Fage Total 2% Plain	7	130	8	17	8	4	3	0
Fage Total Plain	7	260	6	14	6	20	16	0
Olympus Authentic Greek Strained Yogurt Plain Lowfat	6	119	7	15	7	3	2	0
✓ Stonyfield 0% Organic Greek Yogurt Plain	5.3	80	6	15	6	0	0	0
✓ Trader Joe's Greek Style Nonfat Yogurt Pomegranate	5.3	110	11	14	12	0	0	0
Yoplait Greek Key Lime	6	160	20	14	25	0	0	0
✓ Yoplait Greek Plain	6	120	9	17	12	0	0	0
OTHER								
Ricera Rice Yogurt Strawberry	6	190	24	3	42	1	0	3
✓ Siggi's Orange & Ginger	5.3	100	9	14	11	0	0	0
Skyr.is Strawberry	6	150	19	16	20	0	0	0
So Delicious Cultured Coconut Milk Vanilla	6	140	19	1	22	6	6	2
Stonyfield O'Soy Organic Soy Smooth & Creamy Chocolate	6	160	22	7	25	3	0.5	2

Note: g=gram, mg=milligram, pro=protein, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: food labels and company websites

In the not so distant past, yogurt came in one flavor—plain—and only certain people would venture into health food stores to buy it. These days, almost anyone between the ages of eight months and 80 years eats yogurt. And it's no longer relegated to special stores; grocery stores have shelves of it in flavors ranging from apple turnover to white chocolate strawberry.

Yogurt can be an incredibly nutritious food. It contains calcium, vitamin D and protein, and many brands contain probiotics. Probiotics are “good” bacteria that are similar to those already in your body. They provide health benefits by helping to prevent the growth of “bad” bacteria in your gut and encouraging a healthy digestive system. Some types of probiotics are linked with particular benefits, such as immune support or relief from irritable bowel syndrome symptoms.

The newest yogurt flying off supermarket shelves is Greek yogurt. It's a thicker and creamier yogurt with a higher protein content because the yogurt is strained during production, which reduces its liquid content.

Helpful hints. Follow our tips to choose the cream of the crop.

- **Watch the sugar.** Yogurt, like the milk it's made from, contains natural sugar. However, many brands also add a tremendous amount of sugar. Look for those containing the least amount. For comparison, a serving of unsweetened yogurt contains about 12 grams (g) of naturally occurring sugar. Beyond that, the grams of sugar on the label probably come from added sugars. Our picks contain 16 g of sugar or less (about one teaspoon of added sugar.)
- **It's alive!** To obtain probiotic benefits, ensure you're eating yogurt with an adequate amount of live and active cultures, such as *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. The National Yogurt Association created a Live & Active Cultures seal to help identify yogurts containing ample amounts of these cultures.
- **Check for protein.** Protein helps keep you feeling fuller longer. So, choose yogurt with at least five g of protein per serving.
- **Don't let them fool you.** Watch out for crunchy mix-ins like chocolate and granola that can boost your calorie levels in lieu of nutrients. [EN](#)

— Heidi McIndoo, M.S., R.D.