


Here's the Scoop on Greek Yogurt

Greek families have been making it for generations. But a few years ago, food companies decided to get into the Greek yogurt business, a move that has proven popular with consumers. What makes it so special? Traditionally, Greek yogurt is made by straining out the whey (watery liquid) in yogurt, resulting in a thicker, creamier yogurt that is more nutrient-dense. For example, six ounces of traditional yogurt contains approximately five grams of protein, while the same amount of Greek yogurt contains roughly 14 grams. This is a fantastic benefit because protein, among many attributes, helps maintain muscle mass and aids in satiety—which means you'll feel full longer. Given that many older people don't get enough protein, yogurt can help fill the protein gap.

However, there are a few factors to consider before you start downing Greek yogurt from dawn to dusk. Plain Greek yogurt is lowest in sugar and calories. Once flavorings, such as honey and other sweeteners are added, the sugar and calorie content climbs. And not all Greek yogurts are made in the traditional way; some brands use thickeners, such as cornstarch or milk protein concentrate, to create that creamy texture.

Helpful hints. Keep these tips in mind when shopping for Greek yogurt.

- **Don't forget about fat.** Greek yogurt offers many nutritional benefits, but since it's made from milk the full-fat version contains a good deal of saturated fat, as well as more fat and calories, compared with reduced fat varieties. Look for "low-fat" or "nonfat" on the label to keep your calorie and saturated fat intake to a minimum.
- **DIY flavor.** When you go from plain yogurt to a flavored yogurt, you gain a lot of added sugar and calories. Try choosing plain and flavoring it yourself with vanilla, coffee or lemon extracts, or fresh fruit and a thin drizzle of honey.
- **A great cooking substitute.** Fat-free, plain Greek yogurt is handy in the kitchen. You can use it as a healthful substitute for sour cream, mayonnaise, or cream cheese in cooking and baking, as well as in sauces, dressings and toppings to help boost protein and calcium intake, and cut calorie and saturated fat intake. 

—Heidi McIndoo, M.S., R.D.

Greek Yogurts: A Nutrition Comparison

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



✓ = **EN's Picks.** Plain picks contain no more than 160 calories (8% DV), 4 g of fat (6% DV), 1.5 g saturated fat (8% DV) and 7 g sugar. Flavored picks contain no more than 160 calories (8% DV), 4 g of fat (6% DV), 1.5 g saturated fat (8% DV), 16 g sugar, and at least 12 g of protein (24% DV).

Greek Yogurts	Serving Size (oz)	Calories	Protein (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Carbs (g)	Sodium (mg)
PLAIN								
365 2% Plain	8	190	21	5	3	2	16	135
✓ 365 Nonfat Plain	8	160	23	0	0	2	16	120
Cabot Plain	8	310	16	22	14	5	12	110
Cabot Lowfat Plain	8	180	22	5	3	6	12	140
Chobani Lowfat Plain	6	130	17	3.5	2	7	7	70
✓ Chobani Nonfat Plain	6	100	18	0	0	7	7	80
✓ Dannon Oikos Fat-Free Plain	5.3	80	15	0	0	6	6	50
Dannon Oikos Whole Milk Plain	8	190	20	9	6	9	9	75
✓ Fage Total 0% Plain	6	100	18	0	0	7	7	65
Fage Total 2% Plain	7	150	20	4	3	8	8	65
Fage Total Classic Plain	7	190	18	10	7	8	8	70
✓ Stonyfield Oikos Organic Plain	5.3	80	15	0	0	6	6	60
✓ Stonyfield Organic 0% Plain	5.3	80	15	0	0	6	6	60
✓ Stonyfield Organic 1.5% Fat Plain	5.3	100	13	2.5	1.5	7	7	55
Trader Joe's Lowfat Plain	8	160	24	3	3	5	9	85
✓ Trader Joe's Organic Nonfat Plain	8	120	22	0	0	6	7	70
Trader Joe's Plain	8	260	9	18	11	9	14	110
Wallaby Organic Lowfat Plain	8	170	23	4.5	3	6	10	130
Yoplait Plain	6	120	15	0	0	8	13	115
FLAVORED								
365 Nonfat Honey	5.3	180	12	0	0	25	34	65
365 Nonfat Raspberry	6	170	15	0	0	16	26	80
Cabot Lowfat Black Cherry	8	250	18	4	2.5	30	36	115
Cabot Lowfat Vanilla Bean	8	240	17	4	2.5	28	34	115
Chobani Almond Coco Loco	5.3	230	12	10	4.5	22	25	80
Chobani Bite Coffee with Dark Chocolate Chips	3.5	100	8	1	1	12	13	40
Chobani Bite Caramel with Pineapple Chunks	3.5	100	8	1.5	1	12	12	40
Chobani Flip Key Lime Crumble	5.3	170	11	3	1	19	25	200
Chobani Lowfat Strawberry Banana	6	160	14	3	2	17	19	65
Chobani Nonfat Honey	6	150	16	0	0	20	20	75
Chobani Nonfat Pomegranate	6	140	14	0	0	19	21	75
Dannon Oikos Fat Free Blueberry	5.3	130	12	0	0	19	20	50
Dannon Oikos Fat Free Vanilla	5.3	130	12	0	0	21	22	45
Dannon Oikos Traditional Banana Cream	5.3	160	11	4.5	3	18	19	50
Fage Total 0% Honey	5.3	170	13	0	0	29	30	50
✓ Fage Total 0% Raspberry	5.3	120	13	0	0	16	18	45
✓ Fage Total 2% Strawberry	5.3	140	12	2.5	1.5	16	17	40
Fage Total Classic Peach	5.3	170	11	6	4.5	16	17	45
Muller Greek Corner Caramelized Almonds	5.3	220	13	9	2	18	21	75
Muller Greek Corner Strawberry	5.3	150	9	2	1.5	21	24	80
✓ Stonyfield Oikos Organic Superfruits	5.3	130	13	0	0	16	18	80
✓ Stonyfield Oikos Organic Vanilla	5.3	110	15	0	0	11	12	60
Stonyfield Organic 0% Fat Lemon	5.3	130	13	0	0	19	19	100
Stonyfield Organic 1.5% Pineapple	5.3	140	11	2	1	19	19	60
Trader Joe's Nonfat Vanilla	8	200	18	0	0	26	30	65
✓ Wallaby Organic Lowfat with Cherries	5.3	140	12	2.5	1.5	16	18	90
✓ Wallaby Organic Nonfat with Mixed Berries	5.3	120	12	0	0	15	17	85
Yoplait Coconut	4	110	8	0	0	14	19	60
Yoplait Peach	6	160	12	0	0	20	26	100

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