



Yogurt



Yogurt is a healthy protein option depending on the type of yogurt you choose. Read the food label carefully to determine if it meets the nutritional recommendations of:

~ **Total Sugar:** Preferably 7 grams or less

~ **Added Sugar:** Preferably 2 grams or less

<u>Yogurt Name/Brand</u>	<u>Calories</u>	<u>Protein</u>	<u>Added Sugar</u>	<u>Total Sugar</u>
• Dannon Oikos Triple Zero.....	90	15	0	5
• Dannon Light and Fit Zero Sugar Greek.....	50	11	0	0
• Dannon Light and Fit Greek.....	80	12	1-3	6-7
• Yoplait Greek	100	14-15	2	7
• Yoplait Light.....	80	5	7	1
• Chobani Zero.....	60	11	0	0
• Carb Master (Kroger).....	70	9	0	1-2
• Fage 0% Greek Plain	80	16	0	5
• Siggi's Lower Sugar/Calorie Skyr.....	100	14	0	2
◦ (Vanilla and Strawberry Only)				
• Two Good Greek Yogurt.....	80	12	0	2
• Great Value Light Greek	80	13	1	6
• Great Value Greek Plain.....	100	17	0	7
• Friendly Farms (Aldi).....	100	14	2	7