

Did you know . . . Yogurt



Why and How to Choose a Yogurt

- Eating yogurt on a daily basis has numerous health benefits
- Yogurt is a good source of **protein, calcium, potassium, B vitamins and live culture, or probiotics**
- **Choose Plain Yogurt:** Plain, unflavored yogurt contains roughly 11 grams of naturally occurring sugar. Naturally occurring sugars are not harmful to our health. You can add fresh fruit or a drizzle of honey for natural sweetness if needed.
- **Flavored Yogurts:** **flavored yogurts can contain high amounts of added sugars**, some as high as 15 grams of added sugar! If you are buying these, look for brands that only have about 5 grams added sugars per serving.
- **Watch out for artificial sweeteners:** Some "light" yogurts may contain artificial sweeteners like aspartame or sucralose. These may reduce calorie content but they can also have potential health risks and might not be the best choice for everyone.

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Look for Live and Active Cultures

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One of the main benefits of yogurt is its probiotic content, which promotes gut health.

To ensure you're getting these beneficial bacteria, choose yogurts that contain live and active cultures.

Having a healthy gut has been linked to:

- Improved Immunity
- Better Digestive Health
- Reduced Risk of Diabetes and Heart Disease
- Improved Mood



Consider the Type of Milk Used

Traditional yogurt is milk based but there are alternatives.

1. **Whole milk yogurt:** Made from whole milk, this type of yogurt is creamier and contains more fat. The fat in whole milk can also help with the absorption of fat-soluble vitamins.
2. **Low-fat or non-fat yogurt:** These options have less fat and fewer calories but can sometimes be less satisfying due to the reduced fat content.
3. **Nut based yogurts:** Such as cashew or coconut yogurt are non-dairy alternatives but beware that nut-based yogurts have less protein than cow's milk yogurt. Also, make sure these options are fortified with calcium and vitamin D. These products are best for people who need to avoid dairy.

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Evaluate the Protein Content

Look for at least 6-8 grams of protein/serving, some are as high as 17 grams/serving

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Greek yogurt: Greek yogurt such as Fage, Chobani, Oikos and others are higher in protein than regular yogurt because it is strained to remove whey. This process concentrates the protein and also results in a lower carbohydrate content.

Icelandic yogurt (Skyr): Similar to Greek yogurt, Skyr is thick, high in protein, and traditionally made with skim milk



Good Brands to Buy

Siggi's, Skyr, Fage, Chobani (not Flip or Creations), Oikos, Icelandic Provisions

