



## Nutrition Education



### WHAT'S UP WITH GREEK YOGURT?

Greek-style yogurt is a popular choice these days and you'll find a wide variety in the grocery store. What makes Greek yogurt different from other yogurts is that it's strained of excess water and removes some of the whey and lactose found in milk. As a result, Greek yogurt has about twice as

### LOW SUGAR BRANDS

Try to find yogurts with less than 10g of sugar per serving. Some to try are:

- Siggis
- Wallaby Greek
- Chobani
- Stonyfield

## Picking a Healthy Yogurt

Yogurt is the perfect, quick and healthy snack. Yogurt is a good source of protein, B vitamins, and calcium. However this depends on which yogurt you choose as sugars and additives can make them more like junk food.

### Which yogurt to choose? Always read the label!

Reading the label is essential to knowing what is in your food. Choose a yogurt with few ingredients. When it comes to yogurt, keeping it healthy means keeping it simple.

**Plain yogurt** should have no added sugar, fruit or colors. When you choose plain yogurt, you can add your own toppings and ingredients to mix in, such as:

- Nuts/Nut Butters
- Berries
- Oats
- Honey
- Bananas
- and so much more!



By adding your own ingredients, you can control the sugar and calories. You also make it more filling and satisfying.

**Avoid fruit yogurt** as they contain as much sugar as ice cream and soda. Many fruit and flavored yogurts can provide as much as 30 grams of sugar per container. That is equal to 7.5 teaspoons of sugar!

**Fat Content.** Both plain unsweetened low-fat and full-fat yogurts can be healthy. Full-fat yogurt is typically lower in sugar because when fat is removed from the product it is often replaced with sugar. The fats found in full-fat dairy products are often beneficial.