

Yogurt



A good source of protein, many yogurts are also a good source of calcium and B vitamins.

The “*Live & Active Cultures Seal*” on the label ensures there’s enough probiotics to provide a potential health benefit.

Yogurts vary from milk-based, plant-based (cashew, soy, almond or coconut yogurts), or alternative milks (sheep or goat milk yogurts).

Also, yogurts can range from standard yogurt to the thicker Greek, Icelandic and Australian varieties.

So, which Yogurt is Best?

- **First, choose the variety you prefer. Some yogurts are thicker & creamier. Does that meet your taste profile? Some are higher in protein? Is that desired? Do you avoid lactose? Do you prefer plant-based foods?**
- **Second, look at the amount of Added Sugar. Even the healthiest yogurts will contain some “naturally-occurring sugar”.* Flavored and fruited yogurts and those with added ingredients, like granola, likely have “added sugars”.**
- **Third, watch the saturated fat content. Try to keep saturated fat under 1.5g***
- **In ending, a plain, unflavored yogurt is best. Dress it up yourself by adding nuts, seeds, chopped fresh or frozen fruit, vanilla extract and spices like cinnamon.**

* Info. from: www.environmentalnutrition.com “A New Take on Yogurt”; June 2017.