

YOGURT TIPS

Nutrition indicators to look for on the Food Label

Total Calories	≤ 150 Calories
Fat	< 2 grams Saturated Fat
Carbohydrate	Sugar 10-15 grams *Fiber 3-5 grams
Protein	≥ 6 grams (Greek yogurt has more)
Calcium	≥ 10 -20% of daily value
Live and Active Cultures	More than 1 strain
*Vitamin D	Up to 30% of daily value

*Fiber and Vitamin D are added to yogurt and increase the nutritious value.

Yogurt Brand	NuVal Score*
Fiber One	100
Weight Watchers	87-100
Fage Total 0% plain	94
Athenos Plain	93
Activia Light	81-87
Danon Light and Fit	82
Yoplait Light	28-68
Stonyfield 0% Fat	66
Oikos	30-41
Chobani Flavored	24-41
Athenos Flavored	23-40

* Higher NuVal Scores indicate greater nutritious value

Dietitian and Diet Technician's Yogurt Choices



Andrea: Try Fiber One or Weight Watchers, Strawberry Banana (both received a Hy-Vee NuVal score of 100). If you're looking for higher protein content, try a plain, fat free Greek yogurt like Fage Total 0% (NuVal score 94) and add your own fresh fruit.

Jennie: I am a fan of Greek yogurts as they provide protein that helps with satiety. My "go-to" yogurt is Chiobani. I have found that this Greek yogurt keeps me satisfied for much longer than the others. While at work, my snack choice is often Lemon Chiobani topped with fresh raspberries, blueberries and strawberries from the Hy-Vee salad bar.