

# yogurt 101

## an insider's guide

let's start here



Icelandic? Greek? Strained? Dairy Free? Over the past few years, many options have been popping up in the grocery store. Many have ingredient lists long enough to rival junk foods and as much sugar as soda.

we're here to help!

This guide to yogurt will help you make the best choice in the dairy aisle!

### tips for choosing the best yogurt for you

- **Look for a short, simple ingredient list.** There are two fundamental ingredients required to make dairy yogurt: milk and bacterial cultures. Some yogurts can contain up to 18 different ingredients - so make sure you check the ingredients list, and try to keep it simple and short.
- **Keep it real.** Artificial flavors, colors, and sweeteners? No, thanks. Try to choose a yogurt made with real fruit and ingredients you recognize.
- **Sugar, sugar, sugar.** Did you know that some yogurt can contain approximately the same amount of sugar as soda (by weight)? Try to choose a yogurt lower in sugar (11 grams or less per 5.3oz serving) and without other sweeteners, like Stevia, which can distort your palate to make you crave sweeter foods.
- **Respect the culture.** Choose only yogurts that contain *live and active cultures* to get all the gut health benefits.<sup>1</sup>
- **What about the protein?** Not all yogurts are high in protein, and many non-dairy products have no protein at all. Strained yogurts, such as Greek and Icelandic yogurt, have more protein than regular yogurt. Choose a yogurt with more protein than sugar on the label.

### non dairy yogurt

Yogurt products made without dairy can be an alternative for people with a milk allergy or intolerance. However, many of these often lack the nutrients found in dairy yogurt, like protein. Non dairy yogurts usually have a long ingredients list too. Keep the above information in mind when choosing a dairy free option - more protein than sugar and a short ingredient list!

if you stick with the tips above, you will enjoy a host of health benefits

probiotics

gut-friendly bacteria that help create a healthy digestive system

proteins

the building block for many parts of the body + helps keep you full

macronutrients & minerals

such as calcium, protein, and potassium

## expect the unexpected: yogurt through a cook's lens

While yogurt is undoubtedly delicious when eaten on its own, it is also a versatile addition to dishes. We're not talking about the obvious smoothie or yogurt parfait; we're talking some seriously delicious culinary combinations.



**Breakfast of champions:** spread your favorite yogurt on toast and top with fruit, nuts, granola, jam, honey - or all of the above



**Add a dollop:** ditch the sour cream and sub a thick plain yogurt next time you make tacos or burritos



**Creamy - minus the cream:** add a Tbsp (or two) of yogurt to your next risotto, pasta sauce or oatmeal in place of heavy or sour cream

## what's inside a cup of strawberry yogurt?

often, a lot more than you would think.<sup>2</sup>

	Calories	Protein (g)	Total Sugar (g)	More Fruit or Sugar (by weight)	Type of Sweeteners	# of Ingredients (excluding cultures)
siggi's 0% Strawberry (5.3 oz)	110	15	11	Fruit	Strawberries, Cane Sugar	5
Leading Greek Strawberry (5.3 oz)	110	11	13	Fruit	Strawberries, Cane Sugar	9
Leading Regular Strawberry (6 oz)	150	6	19	Sugar	Sugar, Strawberries	10
Leading Non-Dairy, Soy Strawberry (5.3oz)	130	6	13	Sugar	Cane Sugar, Strawberries, Strawberry Juice Concentrate	16

## icelandic, greek, regular: what's the difference?

### Icelandic skyr

when making skyr, the whey (water naturally found in milk) is strained away to make for a thicker, creamier and more concentrated yogurt

### Greek yogurt

another variety of strained yogurt

### regular yogurt

this yogurt is not strained, and has less protein than strained varieties

<sup>1</sup>Yang, Qing. "Gain Weight by 'going Diet?' Artificial Sweeteners and the Neurobiology of Sugar Cravings: Neuroscience 2010." *The Yale Journal of Biology and Medicine* 83.2 (2010): 101-108

<sup>2</sup>Source: Nielsen, Total US Food, Latest 52 Weeks Dec 2019 based on \$ sales