

The Scoop On Yogurt

Choose nonfat Greek yogurt for more protein and calcium and fewer calories!

Yogurt	Size	Cost	Protein (g)	Fat (g)	Sugars (g)	Calcium	Calories
Single Serving Container Nonfat Greek Plain	6 oz	\$0.28/oz	18	0	7	20% DV	100
Single Serving Container Nonfat Greek Blueberry	5.3 oz	\$0.32/oz	13	0	16	15% DV	120
1 Cup Nonfat Greek Plain	8 oz	\$0.23/oz	23	0	9	25% DV	130
1 Cup Nonfat Greek Vanilla	8 oz	\$0.17/oz	20	0	20	20% DV	170
1 Cup Full-Fat Greek Plain	8 oz	\$0.25/oz	19	10	6	25% DV	210

Inside the Data:

Buying yogurt in bulk is a good idea: Choose non-fat instead of whole milk yogurt for less saturated fat and more protein, then choose plain instead of sweetened yogurt for less sugar and more calcium. In fact, you can add flavor to your yogurt by topping it with fresh fruit yourself!

Single-serving containers can be handy for a quick snack when you're on the go, but note that they are often **smaller servings than the 1 cup of yogurt recommended by MyPlate for a serving of dairy**. Plus, they often contain added sugars, which increase the calories without improving the nutrients.

Topping ideas: Sliced bananas, sliced apples, fresh or frozen berries, whole grain cereal, nuts.