



Things You Need to Know About Yogurt

Yogurt can be a healthy part of your diet as long as you choose wisely after carefully reading the labels.

Consider the following in choosing yogurt:

1. **UNSWEETENED:** UNSWEETENED yogurt avoids unnecessary sugar calories and does not have artificial sweeteners that concern many. Most yogurt contains sugar, derivatives of sugar (sucrose, fructose, maltose, etc.) or artificial sweeteners such as aspartame or sucralose. Even yogurts that say they are sweetened with honey may contain other, processed sugars. Read the label carefully.
2. **NON-FAT:** NON-FAT yogurts reduce fat intake without substituting other ingredients that may have adverse concerns. Regular yogurt is made with whole milk and can contain up to 5% fat. Most low-fat milk is made from 2% milk. You probably wouldn't drink whole milk or 2% milk and you don't want the extra fat in these yogurts either.
3. **PLAIN:** Look for only PLAIN yogurt. Add your own fresh ingredients for flavor.
4. **ONLY THREE INGREDIENTS:** The only ingredients on the label should be nonfat milk, pectin, and active yogurt cultures.

We have found the following brands to meet this criteria: Stoneyfield Farms 0% Fat Plain Yogurt, Dannon All Natural Nonfat Plain Yogurt, Stoneyfield Farms OIKOS 0% Organic Plain Greek Style Yogurt. You may find others, read the labels!

Do not consume yogurt if you have a milk allergy or another condition that would make it inappropriate without consulting your physician.