



## *Things You Need to Know About Sour Cream*

Many recipes call for sour cream and people ask what we think of it, so here's "the skinny".

**REGULAR SOUR CREAM** is made from milk and here is a typical list of ingredients for example in the "all natural" brand ***Breakstone***: cultured pasteurized grade a milk and cream, enzymes. 1 cup is approximately 480 calories.

**LOW FAT SOUR CREAM** is made from low fat milk and here is a typical list of ingredients in the "all natural" brand ***Breakstone***: cultured pasteurized grade a milk and cream, contains less than 1% of agar, vitamin a palmitate, enzymes. 1 cup is approximately 240 calories.

**NON FAT SOUR CREAM** is, well, not quite as "natural" as the higher fat cousins. Here are the ingredients in the same brand, ***Breakstone***: cultured pasteurized grade a nonfat milk, **dried corn syrup, food starch-modified**, cream\*, contains less than 2% of **maltodextrin**, artificial color, xanthan gum, natural flavor, vitamin a palmitate. \*trivial source of fat.

**Notice all of the sweetener highlighted in yellow!**

### ***How does sour cream compare to yogurt?***

Now, let's compare the sour cream to nonfat Greek yogurt.

**FAT FREE PLAIN GREEK YOGURT** is made from fat free milk and here are the ingredients in the ***Dannon*** brand: Cultured Grade A Nonfat Milk, Contains active yogurt cultures. 1 cup is approximately 120 calories.

Yes, you can cook with it! Use plain Greek yogurt in any recipe that calls for sour cream! Fat Free Greek yogurt looks and tastes like sour cream, has fewer calories, no fat and no sweeteners! Try it out when cooking! Be sure you are getting PLAIN greek yogurt. For more information on yogurt check out our article on "Things You Need to Know About Yogurt".

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