

# All About Yogurt

(Source: <http://www.prevention.com/food/healthy-eating-tips/what-greek-yogurt#>.)

## Benefits of Yogurt

- **Probiotics** are known to help digestion and help your immune system. Check the label to make sure your yogurt says that it **contains** live active cultures rather than **made** with live active cultures.
- **Protein** At 19g per serving, Greek yogurt is packed with protein! Protein can help you feel full longer. Regular low-fat yogurt can have about 11 grams of protein per serving.
- **Carbohydrate**-Remember, **1 cup** of plain or unsweetened yogurt will count for approximately **15 grams of carbohydrate** which **equals one serving of carbohydrate**.



## Shopping for Yogurt

- **Read the ingredients**

**Sugar:** Many yogurts have a lot of sugar. Make sure it has no added sugar. Avoid yogurts that have corn syrup, fruit-concentrate sweeteners and fruit-on-the-bottom. Look for one that is low in fat or fat free.

**Choose:** Plain yogurt and add fresh sliced fruit and or honey.

- **Buy large sizes:** Some individual containers of yogurt can be expensive. Buy larger containers and save on money

## Yogurt Snacks

- **Don't always trust the packaging**

Since Greek yogurt has become very popular, companies are advertising cereals and granola bars that have "Greek yogurt". These snacks are not the same as eating real yogurt. They are often junk food with a lot of sugar and fat.



## Cooking with Yogurt

**Substitute.** Try using plain fat-free or low fat yogurt in place of sour cream or mayonnaise in your favorite recipes. Greek yogurt also makes a great base for creamy sauces. Try it in place of butter and heavy cream in an alfredo sauce.

**Marinate** your favorite meat in a blend of yogurt and spices for a healthy alternative to other marinades, such as bbq sauce, which is high in sugar.