

Yogurt Comparison

Brand	Trad/Greek	Calories	Protein (g)	Fat (g)	Carb (g)	Sweetener Source	Other Ingredients
Dannon Whole Milk Plain	traditional	110	6	6	7	none	none
Dannon Low fat Vanilla	traditional	150	7	2.5	25	cane sugar	natural flavors, pectin
Dannon Light + Fit Vanilla	traditional	80	5	0	15	cane sugar, sucralose, acesulfame potassium	modified food starch, natural & artificial flavors, kosher gelatin, sodium citrate, citric acid, vitamin A palmitate, vitamin D3
Dannon Light + Fit Vanilla	Greek	90	14	0	10	fructose, acesulfame potassium, sucralose	modified food starch, natural & artificial flavors, citric acid, potassium sorbate
Oikos Triple Zero Vanilla	Greek	110	17	0	11	stevia	chicory root fiber, natural flavors, fruit juice, beta carotene, lemon juice concentrate, sea salt, vitamin D3
Activia Vanilla	traditional	90	4	1.5	15	cane sugar	modified food starch, natural flavors, modified corn starch, milk protein concentrate, kosher gelatin, agar agar, lactic acid, vitamin D3
Fage 5% plain	Greek	160	15	9	5	none	cream
Fage 2% plain	Greek	120	17	3.5	5	none	cream
Fage 0% plain	Greek	90	18	0	5	none	none
Chobani Complete Vanilla	Greek	130	17	3	11	monk fruit extract, stevia leaf extract	chicory root fiber, vanilla extract, lactase (enzyme), natural flavors, fruit pectin, locust bean gum, lemon juice concentrate
Chobani Vanilla	Greek	130	14	0	16	cane sugar	fruit pectin, natural flavors, guar gum, lemon juice concentrate, vanilla extract
Two Good Vanilla	Greek	90	13	2	4	stevia leaf	natural flavors, lemon juice concentrate, tapioca starch, gellan gum, sea salt, fruit and veg juice concentrate, vitamin D3
Stonyfield Organic Greek Plain	Greek	90	16	0	7	none	none
Noosa Vanilla Bean	traditional	280	12	12	32	cane sugar, honey	vanilla bean, tapioca starch, vanilla extract, natural flavor, pectin, lemon juice concentrate, kosher gelatin

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Greek Gods Honey Vanilla	traditional	200	7	8	25	cane sugar, brown cane sugar, honey	cream, pectin, natural flavor, vanilla extract
The Greek Gods Plain	traditional	140	7	9	11	none	pectin
Siggi's Nonfat Vanilla	Icelandic	110	15	0	12	agave nectar	bourbon vanilla, fruit pectin
Traditional Skyr Vanilla	Icelandic	130	15	2	13	cane sugar	vanilla extract, natural flavor, pectin, carob bean gum, vanilla bean seeds
Wallaby Organic Plain	traditional	130	8	6	10	none	none
Wallaby Organic Plain Greek	Greek	160	15	8	8	none	none
Wallaby Organic Vanilla Bean	Greek	190	12	6	23	organic cane sugar	natural flavor, locust bean gum, pectin, vanilla beans
Nancy's Whole Milk Yogurt	traditional	130	9	6	9	none	none

All yogurt serving sizes are based on 3/4 cup. All yogurt was made with milk and active cultures.

*The other ingredient list includes ingredients not previously listed in chart

Recommended yogurts have at least half of the carbohydrates in protein (example if the yogurt has 20g of carbs, it should have at least 10g protein)

Generally, the sweeteners recommended include stevia and monk fruit.