

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.

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