

Favorite Yogurt List

Yogurt: Be sure to choose a yogurt with <5 g of added sugar

- Danon Light and Fit Greek Yogurt (12 g protein)
- Oikos Triple Zero Greek Yogurt (15 g protein)
- Kroger Carb Master/Dillon's Stores (9 g protein), regular yogurt texture
- Yoplait 100 Greek (14 g protein)
- Fage Greek plain* (18 g protein)
- Okios Blended* (13 g protein)
- Okios Pro (20 g protein)
- Ratio:Protein (25 g protein)
- Chobani Less Sugar* (12 g protein)
- Fage Total 0% plain or blended (13-16 g protein)
- Siggis yogurt (15 g protein)
- 2 good (12 g protein)

*** No artificial or no-calorie sweeteners used**



NOT recommended

Any yogurt with more grams of carb than grams of protein, any yogurt with more than 5 g added sugar. Many choices below have as much added sugar as a candy bar.

