

inside nutrition



People today eat twice as much yogurt as the people a decade ago did and nearly 15 times more than they did in 1970, probably because there are so many different brands, flavors, and bases. Marketers have branched out to Greek yogurt, dessert yogurt, 60-calorie yogurt, high-fiber yogurt, parfait yogurt, etc. With all of the different yogurts out there, it is hard to figure out which yogurts are worth buying and which may just be a waste of your money...and calories. Here are some yogurt basics to get you started.

- **What is yogurt?**
 - Yogurt is made by adding two main bacteria strains, lactobacillus bulgaricus and streptococcus thermophilus, to milk.
- **Does the label need to have a ‘live & active cultures’ symbol to make it yogurt?**
 - Even if the yogurt does not have the symbol, it is most certainly still yogurt. As long as it contains the two main bacteria cultures, it is yogurt.
- **What’s the scoop on the different yogurt styles?**
 - Greek yogurt contains the two main cultures, but it is strained so it remains thick and creamy. Also, the lost liquid means that the yogurt retains twice the protein of ordinary yogurt. The downside, Greek yogurt has less calcium than ordinary yogurt and is often a little pricier.
 - Parfaits have become popular at fast food chains as well as with yogurt companies. Be careful when purchasing these items. Sometimes they add so much granola that the yogurt portion is much smaller, leaving you without as much protein and calcium as a non-parfait yogurt. Some other parfait options have so much added sugar and granola that it bumps the calories well over 200.
 - Dessert yogurts like chocolate éclair, peach cobbler, cookie dough, etc are going to be a better nutrition bargain than the actual desserts themselves, but keep in mind these yogurts are slightly less healthy than non-dessert yogurts. These dessert yogurts are usually higher in saturated fat and calories.
- **What are the best yogurts?**
 - The main reason to grab a yogurt should be for the protein, calcium, and vitamin D content. You don’t want to choose a yogurt that loads up on saturated fat and sugar. Some of the best options are **plain** yogurts like Dannon, Stonyfield, or Whole Foods 365 All Natural Nonfat, Plain or Plain Greek Yogurt.
 - The next best options are ones that have some added more than 3.5 teaspoons (~20g) of added sugars like Stonyfield Fruit on the Bottom, Wallaby Organic, and Okios, Dannon, Fage Total 0% and Chobani 0% Greek options.



Source: Nutrition Action Newsletter April 2011

healthy monday tip

Time to Track: Are you keeping a food and fitness journal? Writing down your daily meals and exercise can help you stay accountable for your actions. You can also use your journal to see what strategies have worked for you and where there's room for improvement. Start a daily journal this Monday. Check in each week to see how your food and fitness choices impacted your weight, stamina and mental well being.

Try it – and have a Healthy Monday!
 Visit www.HealthyMonday.org