Cow’s milk yogurt

Pros
› Great source of calcium and vitamin D
› High in protein (15g Greek, 8g regular)
› Low in calories (80 non-fat, 100 low-fat)

Cons
› Not for the dairy-sensitive

Tips
› Greek-style: Strained to produce a thick and creamy texture
› Has less protein but less calcium than regular
› A healthy substitute for sour cream and whole milk in recipes

Yogurt can help you build muscle and lose weight. To choose the one that’s right for you, see how dairy and non-dairy options compare. Be sure to buy plain yogurt. Then sprinkle it up with fresh fruit, cinnamon or vanilla. (Store clear of sugary fruit-on-the-bottom and flavored yogurts. They’re deadly for the diet!)

Tips
› Greek-style: Strained to produce a rich and creamy texture
› Has twice the protein but less calcium than regular
› A tasty substitute for sour cream and whole milk in recipes

Soy milk yogurt

Pros
› Good option if you’re vegan or dairy-sensitive
› Good source of protein (3g)
› Heart-healthy source of plant-based fat (7g)

Cons
› May be high in sugar and calories, so always read the label!
› Thinner consistency than other yogurts

Tips
› Tasty mixed with fresh berries for a healthy breakfast

Coconut milk yogurt

Pros
› An 85% medium-chain triglycerides are better utilized than other fats
› Low in calories (80)

Cons
› High in saturated fat (6g)— 25% of the recommended daily amount
› Much lower in protein (0-2g)

Tips
› Delicious topped with fresh berries or even in a non-dairy dessert

Almond milk yogurt

Pros
› Its 25% medium-chain triglycerides are better utilized than other fats
› Low in calories (80)

Cons
› High in saturated fat (4g)— 20% of the recommended daily amount
› Much lower in protein (0-2g)

Tips
› Good option if you’re vegan or dairy-sensitive
› Great source of protein (3g)

Probiotics are beneficial bacteria that may help improve overall gut health, lower blood pressure, regulate bowel movements, heighten immunity and lower type 2 diabetes risk. But be aware that:
› Only yogurts with the “Live & Active Cultures” seal contain probiotics. (Heat-treating to reduce tartness and extend shelf life kills probiotics.)
› The probiotics provided vary by yogurt brand. Read the ingredients list to see which strains are included.

If you’re interested in probiotics, supplements are your best bet. They contain multiple strains of bacteria — and the more strains, the better!

SOURCES
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