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BOOZY limoncello FROZEN YOGURT

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So, what are the health benefits of Greek yogurt? Greek yogurt starts with the same ingredients as regular yogurt, explains Rofheart, but it's strained after fermentation which results in a yogurt with about twice as much protein as its regular counterpart. "Regulating blood sugar is important for steady hormone signaling, mood, energy levels, cravings, and crashes." Like most fermented foods, Greek yogurt naturally contains probiotic cultures (and some varieties contain added probiotics) that support your digestive system. Plus, it's super thick and creamy, which adds a little oomph to your blend. Per serving: 90 calories, 0 g fat (0 g sat), 5 g carbs, 5 g sugar, 65 mg sodium, 0 g fiber, 18 g protein 6 Oikos Triple Zero Vanilla Greek Yogurt, 5.3 Oz. Cups, 4 Count At only 100 calories, five grams of sugar, and 15 grams of protein, Oikos makes a perfectly balanced snack. Since it's made with real milk, though, people avoiding dairy may want to skip this one. This option from Aussie company Wallaby uses organic milk and packs a protein punch of 15 grams per serving. They often pack up to 26 grams. In some cases, they are full of artificial sweeteners or contain as much sugar as a candy bar. Pro tip: To get your best dose of these, look for the words "live and active cultures" on the label. "Chobani Less Sugar yogurt provides the same high-protein benefit of Greek, without the excessive sugar of other brands," says Taub-Dix. Per serving: 120 calories, 3 g fat (1.5 g sat), 10 g carbs, 9 g sugar, 55 mg sodium, 0 g fiber, 12 g protein 5 FAGE Total 0% Milkfat Plain Greek Yogurt Fage Fage is one of the best-known Greek yogurt brands in the game. Per serving: 90 calories, 0 fat (0 g sat), 6 g carbs, 4 g sugar, 65 mg sodium, 0 g fiber, 16 g protein 13 Dannon Two Good Vanilla Yogurt With only two measly grams, this one claims the title of the lowest amount of sugar on the list. While it won't offer as much protein per serving, it does contain less sugar and still has probiotic benefits. "Because it's lower in carbs and higher in protein and fat, it's a great choice for those aiming to stabilize their blood sugar levels and avoid a major spike," says Rofheart. Advertisement - Continue Reading Below 1 Wallaby Organic Aussie Greek Whole Milk Yogurt Wallaby Organic Because of that significant sugar bomb that can sneak into flavored yogurts, Rofheart says she will typically pick a plain variety and then add her own flavor by topping it with fresh fruit, honey, nuts, oats, or granola. Streamline your next shopping trip with these nutritionist-backed picks, all from the best Greek yogurt brands in the game. Those key lime pie-flavored options, though? Per serving: 90 calories, 2 g fat (1.5 g sat), 4 g carbs, 2 g sugar, 40 mg sodium, 0 g fiber, 13 g protein 14 Trader Joe's Nonfat Plain Greek Yogurt One serving of this Greek yogurt provides 46 percent of your daily protein needs and 20 percent of your daily calcium needs, says dietitian Jenna Appel, RD. Per serving: 140 calories, 4 g fat (2.5 g sat), 6 g carbs, 4 g sugar, 50 mg sodium, 0 g fiber, 18 g protein This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. Add your own fresh fruit for even more flavor. Per serving: 100 calories, 0 g fat (0 g sat), 10 g carbs, 5 g sugar, 65 mg sodium, 3 g fiber, 15 g protein 7 Stonyfield Organic Plain 0% Fat Yogurt Stonyfield has a similar nutritional profile to Oikos, but is certified organic. "If that is a certification you're looking for, then this brand could be your best bet," says Taub-Dix. Per serving: 90 calories, 0 g fat (0 g sat), 7 g carbs, 5 g sugar, 60 mg sodium, 0 g fiber, 15 g protein 8 Yoplait Greek 100 Protein Yogurt According to Taub-Dix, this one is similar in nutrition to Stonyfield and Oikos, but with some extra calories from the flavoring. Christine Giordano If you haven't swapped your conventional yogurt out for Greek yogurt, well, what are you waiting for?! There is a reason people are so obsessed with the stuff: Depending on the brand, Greek yogurt can provide twice as much (or more!) protein than a regular tub, according to Bonnie Taub-Dix, RDN, author of Read It Before You Eat It. The best Greek yogurt brands offer endless creaminess, plenty of tang, and lots of probiotics, the beneficial bacteria that nourish your gut microbiome. Thing is, not all Greek yogurts are created equal. Per serving: 190 calories, 18 g fat (16 g sat), 6 g carbs, 2 g sugar, 10 mg sodium, 2 g fiber, 2 g protein 4 Chobani Less Sugar Greek Yogurt This is a great choice if you're looking to cut sugar or simply can't stand the taste of something super sweet so early in the morning. Per serving: 170 calories, 10 g fat (7 g sat), 11 g carbs, 11 g sugar, 110 mg sodium, 0 g fiber, 8 g protein 16 Tillamook Plain & Simple Greek Yogurt "A farmer-owned dairy producer for over 100 years, Tillamook prides itself in wholesome, simple ingredients," says Blakely. You may be able to find more information about this and similar content at piano.io Per serving: 190 calories, 10 g fat (7 g sat), 6 g carbs, 6 g sugar, 70 mg sodium, 0 g fiber, 18 g protein 3 Cocojune Organic Cultured Coconut Yogurt, Pure Coconut If you're looking for something plant-based, Rofheart recommends this yogurt from Cocojune. This is especially true of flavored yogurts, which typically contain more not-so-healthy ingredients than the plain stuff. There's just a touch of stevia and all the creamy deliciousness that you want in a Greek yogurt. Plus, yogurt in itself is a good source of zinc and selenium, both of which your immune system will thank you for. If you're ready to add more parfaits or yogurt bowls to your life, but find yourself overwhelmed by the number of options in the dairy aisle these days, you wouldn't be the first. Containing just milk and cultures, their Plain & Simple Greek yogurt is no exception. Many plain yogurts clock in at around seven grams of the sweet stuff per serving, because of naturally-occurring sugars. That additional protein helps your body in many ways, including supporting muscle repair and keeping you fuller longer (AKA less hungry). Per serving: 100 calories, 0 g fat (0 g sat), 7 g carbs, 7 g sugar, 60 mg sodium, 0 g fiber, 17 g protein 10 Dannon Light + Fit Greek Strawberry Yogurt One of the lowest-calorie picks on the list, Dannon's Greek Light + Fit yogurt packs an impressive 12 grams of protein per flavorful serving. Per serving: 80 calories, 0 g fat (0 g sat), 8 g carbs, 6 g sugar, 45 mg sodium, 0 g fiber, 12 g protein 11 Powerful Drink Greek Yogurt Meal Replacement Shake When you need a yogurt that feels more like a meal, this option will keep you full for hours on end. It's a great option for smoothies, since you get protein, calcium, and probiotics, says Taub-Dix. Per serving: 160 calories, 5 g fat (0 g sat), 8 g carbs, 5 g sugar, 60 mg sodium, 0 g fiber, 15 g protein 2 FAGE Total 5% Milkfat Plain Greek Yogurt Fage If you tend to stick to non-fat and 1% yogurt options, depending on your nutritional needs, it might be time to branch out. If you see anything that ends with an "ose" (looking at you, sucrose), you run the risk of having a situation where the sugars outweigh the benefits. "Fat is a necessary nutrient that balances out the effects of carbs and helps to keep you full and satisfied." This option from Fage is one of her favorites and comes with 18 grams of protein per serving. Just check the ingredient label. It's a good pick for Greek yogurt skeptics, since the flavoring does make it tastier. Per serving: 100 calories, 0 g fat (0 g sat), 10 g carbs, 7 g sugar, 75 mg sodium, 0 g fiber, 15 g protein 9 Kroger Plain Nonfat Greek Yogurt Kroger's store brand option might be less expensive—but still has a nutritional profile similar to leading brands, says Taub-Dix. Not ideal. The key to picking a Greek yogurt that's not actually a container of sugar disguised as Greek yogurt is to check the label, says Meredith Rofheart, RD, a registered dietitian at Culma Health. You should pay special attention to the added ingredients. Straining also gives Greek yogurt less carbohydrates and less sugar than other yogurt varieties. "Don't be afraid of full-fat yogurt," Rofheart says. She uses it as a replacement for sour cream on taco night. Per serving: 120 calories, 0 g fat (0 g sat), 7 g carbs, 6 g sugar, 70 mg sodium, 0 g fiber, 22 g protein 15 Maple Hill Creamery Organic Cream on Top Yogurt Maple Hill Crea "One of the few 100-percent grass-fed, organic options out there, Maple Hill delivers a healthy and delicious Greek yogurt," says Rebekah Blakely, RDN, dietitian for The Vitamin Shoppe. "It packs a lot into a little container," says Taub-Dix. Per serving: 170 calories, 4 fat (2 g sat), 15 g carbs, 10 g sugar, 135 mg sodium, 1 g fiber, 20 g protein 12 Chobani Plain Non-Fat Greek Yogurt Chobani Whether you need a base for smoothies, a way to add creaminess to baked goods, or the makings of a good parfait, this triple-strained, high-protein option is a solid pick time and time again.

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