

Yogurt:

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Greek Yogurt	Chobani Greek Yogurt Flip - Key Lime Crumble	Dairy	1 container (5.3 oz)	1	200	6	2.5	15	115	26	0	20	10
Greek Yogurt	Dannon Light & Fit Greek Yogurt - Strawberry Banana	Dairy	1 container (5.3 oz)	1	70	0	0	2	75	13	0	8	5
Greek Yogurt	Two Good Strawberry Low Fat Lower Sugar Gluten Free Greek Yogurt	Dairy	1 container (5.3 oz)	0.5	80	2	1	0	35	3	0	2	12
High Protein Yogurt	Siggi's Skyr Nonfat Yogurt - Strawberry	Dairy	1 container (5.3 oz)	1	110	0	0	0	50	13	0	11	15
High Protein Yogurt	Icelandic Provisions Key Lime Yogurt	Dairy	1 container (5.3 oz)	0.5	140	2	1	10	100	15	0	10	15
Lowfat Vanilla Yogurt	Stonyfield Organic Lowfat Yogurt Vanilla	Dairy	3/4 cup (170g)	1	120	1.5	1	10	95	19	0	16	6
Lowfat Vanilla Yogurt	Stonyfield Organic Lowfat Yogurt Vanilla	Dairy	1/2 cup (85g)	0.5	80	1	1	7	63	13	0	11	4
Non Fat Vanilla Greek Yogurt	Oikos Triple Zero Greek Yogurt Blended Nonfat Vanilla	Dairy	3/4 cup (170g)	1	110	0	0	0	75	11	3	6	17
Non Fat Vanilla Greek Yogurt	Oikos Triple Zero Greek Yogurt Blended Nonfat Vanilla	Dairy	1/2 cup (85g)	0.5	73	0	0	0	50	7	2	4	11
Regular Yogurt	Yoplait Original Yogurt - Strawberry Cheesecake	Dairy	1 container (6 oz)	1	150	2	1.5	10	95	27	0	19	6
Regular Yogurt	Tillamook Raspberry & Blackberry Yogurt	Dairy	1 container (5.3 oz)	0.5	120	2.5	1.5	15	50	12	0	10	13

Last update: 12/15/21