

Yogurt Breakdown – Unsweetened Cow’s Milk Yogurt

Store	Name	Container size	Serving Size	Servings per container	Calories	Fat	Protein	Sugar (from lactose)	Price
Costco	Chobani Original Plain Whole Milk	40 oz	1 cup	5	190	9 g	20 g	6 g	\$4.69
Fry's	Fage Total	35.3 oz	1 cup	4	220	11 g	20 g	9 g	\$5.99
Fry's	Fage Total	17.6 oz	1 cup	2	220	11 g	20 g	9 g	\$3.49
Fry's	Mountain High Original Whole Milk Yoghurt - Plain	32 oz	1 cup	4	170	6 g	10 g	12 g	\$2.69
Fry's	Stonyfield Organic Whole Milk Smooth + Creamy	32 oz	1 cup	4	160	9 g	8 g	11 g	\$4.29
Fry's	The Greek Gods' Greek Style Plain Yogurt	24 oz	1 cup	3	220	14 g	9 g	15 g	\$3.79
Sprouts	Brown Cow Whole Milk Yogurt - Plain	32 oz	1 cup	4	170	9 g	8 g	13 g	\$3.99
Sprouts	Green Mountain Creamery Greek Yogurt 5% - Plain	32 oz	2/3 cup	5	160	9 g	14 g	4 g	\$5.49
Sprouts	Mountain High Original Whole Milk Yoghurt - Plain	64 oz	1 cup	8	170	7 g	10 g	12 g	\$5.99
Sprouts	Nancy's Organic Whole Milk Yogurt - Plain	32 oz	1 cup	4	180	8 g	11 g	16 g	\$5.49
Sprouts	Stonyfield Organic Greek Whole Milk - Plain	30 oz	1 cup	3.5	190	8 g	21 g	6 g	\$8.99
Sprouts	Stonyfield Organic Greek Whole Milk Yogurt - Plain	5.3 oz	1 contr.	1	120	5 g	14 g	5 g	\$2.19
Sprouts	Stonyfield Organic Whole Milk Smooth + Creamy	32 oz	1 cup	4	160	9 g	8 g	11 g	\$4.69
Sprouts	Straus Greek Organic Whole Milk Yogurt - Plain	32 oz	3/4 cup	5	190	10 g	13 g	8 g	\$8.49
Sprouts	Straus Greek Organic Whole Milk Yogurt - Plain	32 oz	3/4 cup	5	190	10 g	13 g	8 g	\$8.49
Sprouts	Straus Organic Whole Milk Yogurt - Plain	32 oz	1 cup	4	170	7 g	12 g	7 g	\$5.49
Sprouts	The Greek Gods' Greek Style Plain Yogurt	24 oz	1 cup	4	220	14 g	9 g	15 g	\$4.29
Sprouts	Wallaby Organic Aussie Smooth Yogurt - Plain	32 oz	1 cup	4	170	8 g	11 g	10 g	\$5.79
Sprouts	Wallaby Organic Plain Kefir Cultured Milk	32 oz	1 cup	4	160	9 g	9 g	7 g	\$4.99
Sprouts	White Mountain Organic Whole Milk Bulgarian Probiotic Yogurt	32 oz	1 cup	4	140	8 g	13 g	5 g	\$6.49
Sprouts	White Mountain Whole Milk Bulgarian Probiotic Yogurt	32 oz	1 cup	4	140	8 g	13 g	5 g	\$4.99
Trader Joe's	French Village Cream Line Whole Milk Yogurt - Plain	32 oz	1 cup	4	180	10 g	10 g	12 g	\$2.79
Trader Joe's	Trader Joe's European Style Organic Whole Milk Yogurt - Plain	32 oz	1 cup	4	170	7 g	12 g	7 g	\$3.99
Trader Joe's	Trader Joe's Greek Whole Milk Yogurt - Plain	16 oz	1 cup	2	280	22 g	8 g	10 g	\$1.99
Trader Joe's	Trader Joe's Organic Cream Top Whole Milk Yogurt - Plain	16 oz	1 cup	2	160	9 g	8 g	11 g	\$2.99



Store	Name	Container size	Serving Size	Servings per container	Calories	Fat	Protein	Sugar (From Lactose)	Price
Walmart	Fage Total	35.3 oz	1 cup	4	220	11 g	20 g	9 g	\$5.37
Walmart	Happy Baby Baby's First Whole Milk Yogurt - Plain	10.56 oz	1 cup	6	40	2 g	2 g	3 g	\$2.48
Walmart	Karoun Plain Yogurt	4 lb	1 cup	8	250	11 g	11 g	7 g	\$4.58
Walmart	Mountain High Original Whole Milk Yoghurt - Plain	32 oz	1 cup	4	170	6 g	10g	12 g	\$2.78
Walmart	The Greek Gods' Greek Style Plain Yogurt	24 oz	1 cup	3	220	14 g	9 g	15 g	\$4.48
Whole Foods	365 Organic Plain Whole Milk Yogurt	32 oz	1 cup	4	160	9 g	8 g	11 g	\$3.39
Whole Foods	Brown Cow Whole Milk Yogurt - Plain	32 oz	1 cup	4	170	9 g	8 g	13 g	\$3.99
Whole Foods	Brown Cow Whole Milk Yogurt - Plain	5.3 oz	1 contrn.	1	110	6 g	6 g	8 g	\$1.09
Whole Foods	Green Valley Organics Lactose Free Plain Whole Milk Yogurt	24 oz	3/4 cup	4	130	6 g	7 g	6 g	\$4.99
Whole Foods	Lifeway Organic Whole Milk Ryazhenka Baked Cultured Milk	32 oz	1 cup	4	150	8 g	8 g	12 g	\$5.79
Whole Foods	Maple Hill Creamery Whole Milk Grass Fed Yogurt - Plain	6 oz	1 contrn.	1	130	8 g	6 g	8 g	\$1.49
Whole Foods	Maple Hill Creamery Whole Milk Grass Fed Yogurt - Plain & Cream on top	32 oz	1 cup	4	170	10 g	8 g	11 g	\$5.99
Whole Foods	Maple Hill Creamery Whole Milk Greek Grass Fed Yogurt - Plain	5.3 oz	1 contrn.	1	130	6 g	12 g	5 g	\$1.99
Whole Foods	Siggi's Plain Whole Milk Yogurt - 4%	24 oz	1 cup	3	230	9 g	25 g	6 g	\$5.49
Whole Foods	Stonyfield Organic Greek Whole Milk Yogurt - Plain	5.3 oz	1 contrn.	1	120	5 g	14 g	5 g	\$1.99
Whole Foods	Stonyfield Organic Greek Whole Milk Yogurt - Plain 100% grassfed	5.3 oz	1 contrn.	1	120	5 g	14 g	5 g	\$1.99
Whole Foods	Stonyfield Organic Whole Milk Smooth + Creamy	32 oz	1 cup	4	160	9 g	8 g	11 g	\$4.39
Whole Foods	Straus Greek Organic Whole Milk Yogurt - Plain	32 oz	3/4 cup	5	190	10 g	13 g	8 g	\$8.49
Whole Foods	Straus Organic Whole Milk Yogurt - Plain	32 oz	1 cup	4	170	7 g	12 g	7 g	\$5.49
Whole Foods	Straus Organic Whole Milk Yogurt - Plain	16 oz	1 cup	2	170	7 g	12 g	7 g	\$3.59
Whole Foods	Traderspoint Creamery Organic Whole Milk Yogurt	5 oz	1 contrn.	1	100	5 g	5 g	8 g	\$2.29
Whole Foods	Wallaby Organic Aussie Smooth Yogurt - Plain	32 oz	1 cup	4	170	8 g	11 g	10 g	\$3.99
Whole Foods	Wallaby Organic Plain Kefir Cultured Milk	32 oz	1 cup	4	160	9 g	9 g	7 g	\$4.99
Whole Foods	White Mountain Organic Whole Milk Bulgarian Probiotic Yogurt	32 oz	1 cup	4	140	8 g	13 g	5 g	\$6.49
Whole Foods	White Mountain Whole Milk Bulgarian Probiotic Yogurt	32 oz	1 cup	4	140	8 g	13 g	5 g	\$5.29



Yogurt Breakdown – Unsweetened Sheep and Goat’s Milk Yogurt

Store	Name	Container size	Serving Size	Servings per container	Calories	Fat	Protein	Sugar	Price
Fry's	Old Chatham Shepherding Co. Black Sheep Yogurt - Plain	16 oz	1 cup	2	200	12 g	13 g	4 g	\$6.99
Fry's	Redwood Hill Farm Plain Goat Milk Yogurt	32 oz	3/4 cup	5	120	6 g	6 g	5 g	\$6.59
Sprouts	Bellwether Farms Plain Sheep Milk Yogurt	6 oz	1 contr.	1	140	9 g	10 g	2 g	\$2.69
Sprouts	Redwood Hill Farm Plain Cultured Goat Milk Kefir	32 oz	1 cup	4	140	8 g	8 g	5 g	\$6.99
Sprouts	Redwood Hill Farm Plain Goat Milk Yogurt	32 oz	3/4 cup	5	120	6 g	6 g	5 g	\$7.29
Trader Joe's	Trader Joe's Grade A Goat Milk	32 oz	3/4 cup	5	100	4.5 g	6 g	5 g	\$5.49
Whole Foods	Bellwether Farms Plain Sheep Milk Yogurt	16 oz	1 cup	2	190	12 g	13 g	2 g	\$6.29
Whole Foods	Bellwether Farms Plain Sheep Milk Yogurt	6 oz	1 contr.	1	140	9 g	10 g	2 g	\$2.69
Whole Foods	Capretta Greek Goat Yogurt - Plain	16 oz	1 cup	2	190	9 g	22 g	2 g	\$6.79
Whole Foods	Capretta Rich and Creamy Goat Yogurt - Plain	24 oz	1 cup	3	170	9 g	15 g	5 g	\$5.49
Whole Foods	Old Chatham Shepherding Co. Black Sheep Yogurt - Plain	16 oz	1 cup	2	200	12 g	13 g	4 g	\$6.99
Whole Foods	Old Chatham Shepherding Co. Black Sheep Yogurt - Plain	6 oz	1 contr.	1	140	9 g	10 g	3 g	\$2.99
Whole Foods	Redwood Hill Farm Plain Cultured Goat Milk Kefir	32 oz	1 cup	4	140	8 g	8 g	5 g	\$6.99
Whole Foods	Redwood Hill Farm Plain Goat Milk Yogurt	32 oz	3/4 cup	5	120	6 g	6 g	5 g	\$6.99
Whole Foods	Redwood Hill Farm Plain Goat Milk Yogurt	6 oz	1 contr.	1	120	6 g	6 g	5 g	\$2.39



Yogurt Breakdown – Unsweetened Non-Dairy Yogurt

Store	Name	Container size	Serving Size	Servings per container	Calories	Fat	Protein	Sugar	Price
Sprouts	So Delicious Plain Unsweetened - Coconut Milk Yogurt Alternative	24 oz	1 cup	3	110	7 g	<1 g	<1 g	\$5.99
Whole Foods	Forager Dairy-Free Cashewgurt - Plain Unsweetened	24 oz	1 cup	3	160	10 g	4 g	1 g	\$5.99
Whole Foods	Forager Dairy-Free Cashewgurt - Plain Unsweetened	5.3 oz	1 contrn.	1	100	7 g	3 g	1 g	\$1.99
Whole Foods	Forager Dairy-Free Cashewgurt Probiotic Drinkable Yogurt Alternative - Plain	28 oz	1 cup	3.5	120	8 g	3 g	1 g	\$5.99
Whole Foods	GT'S Cocoyo - Probiotic Coconut Yogurt	16 oz	1/2 cup	4	110	8 g	1 g	1 g	\$9.99
Whole Foods	Kite Hill Artisan Almond Milk Greek Style Yogurt - Plain Unsweetened	5.3 oz	1 contrn.	1	190	12 g	11 g	1 g	\$1.99
Whole Foods	Kite Hill Artisan Almond Milk Yogurt - Plain Unsweetened	16 oz	5.3 oz	3	140	13 g	6 g	0 g	\$5.79
Whole Foods	So Delicious Plain Unsweetened - Coconut Milk Yogurt Alternative	24 oz	1 cup	3	110	7 g	<1 g	<1 g	\$6.49
Whole Foods	So Delicious Plain Unsweetened - Coconut Milk Yogurt Alternative	5.3 oz	1 contrn.	1	70	5 g	<1 g	<1 g	\$1.79

