



Yogurt Buying Guide: Unsweetened Yogurt

A few of our favorites:



Highest in protein:

Siggis Plain Whole Milk - 25 g/cup

Chobani Original Plain Whole Milk - 20 g/cup

Fage Total - 20 g/cup

Capretta Greek Goat Yogurt (Plain) - 22 g/cup

Kite Hill Almond Milk Greek-style - 12 g/cup (highest non-dairy option)

Best options for kids who need more calories:

Trader Joe's Greek Whole Milk Plain - 280 calories/cup

Straus Greek Organic Whole Milk - 253 calories/cup

Karoun Plain - 250 calories/cup

GT's Cocoyo - 220 calories/cup (highest non-dairy option, little protein)

Flavoring Plain Yogurt



Cut up or
pureed fruit



Nut or
seed butter



Coconut
flakes



Vanilla or
almond extract



Cocoa
powder



Sweetener