



NUTRITION CORNER

HOW TO CHOOSE THE HEALTHIEST YOGURTS

There are many brands of yogurts on the market, but which ones are the best for you? Here's helpful criteria to make an informed decision:

1. High protein: >12 gm
2. Low in sugar (this is subjective)
3. Contains probiotics
4. 15%+ calcium content

Here are my 5 favorite yogurts:

Greek Yogurt

#1 Fage Total 0%

Protein (Plain): 18 gms;
20% calcium

Protein (with Fruit): 13 gms;
15% calcium



#2 Chobani Fruit on the Bottom

Protein: 13-14 gms; 15% calcium



#4 Activia Probiotic

Protein: 4 gms; 15% calcium; 10-15% vitamin D



#3 Stonyfield Greek Plain 0%

Protein: 15 gms; 20% calcium



#5 Stonyfield Fruit on the Bottom

Protein: 6 gms; 25% calcium; 15% vitamin D



If you are not into the thick texture or taste of Greek yogurt, try these non-Greek options. They make delicious snacks and are a good source of vitamin D, and calcium.

Healthy Cooking Fact:

Use Greek yogurt to replace oil, butter, mayonnaise, and sour cream.

DID YOU KNOW? **Vitamin D is needed for adequate calcium Absorption**

We know that calcium is required to build strong teeth and bones, but to fully utilize calcium, you need vitamin D.

The Recommended Dietary Allowance (RDA) for vitamin D depends on your age: from 1 to 70: take 600 IUs. Those 71 and over should take 800 IUs of vitamin D daily.

Non-Greek yogurts tend to be good sources of vitamin D. Other sources include: fatty fish such as salmon, tuna, and mackerel which are among the best sources; fortified milk, cereal, orange juice, margarine and soy drinks are also good sources. When choosing these fortified foods make sure to read the label for the vitamin D content.

HEALTHY YOGURT RECIPE

Using Fage Total 0% yogurt in this recipe is a good way to make a thick and tasty soup without adding a lot of calories, and increasing the vitamin and nutrient content. It's a scrumptious addition to a meal on a cool autumn evening.



Fage Total Roasted Corn Soup with Bacon-Green Onion Relish

For the full recipe, please visit our web site at www.holidayfarms.com

Also check out <http://www.koshereye.com> for great Kosher recipes using Greek yogurt.

Enjoy!!!



Elizabeth Madison, MA, Registered Dietitian

Let Elizabeth Help You With:

- * Weight and Health Management Support
- * Personalized Healthy Shopping Assistance
- * Menu Planning
- * Recipe Nutrient Analysis
- * Private and Group Supermarket Tours

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