

Yogurt Facts

When you go to the grocery store compare the food labels. Keep in mind the serving sizes. Some yogurts are in 6 ounce containers and some are in 8 ounce containers. Values in the table below were calculated for 1 cup servings.

Brand Name	Calories	Fat (g)
Breyers Fruit on the Bottom	225	2
Breyers Light	120	0
Dannon Fruit on the Bottom	213	2
Dannon Light N Fit	120	0
Dannon Whipped	260	5
Yoplait Original	226	2
Yoplait Light	133	0
Yoplait Whipped	280	5
Yoplait Custard Style	253	4.5

Cooking with Yogurt

Yogurt can lose some of its body and become thin if mixed too much. For best results, add yogurt to products carefully being sure not to over stir, beat excessively or over heat. To help prevent separation of yogurt in cooking, blend 1 tablespoon of cornstarch with a small amount of yogurt. Stir this mixture into the remaining cup of yogurt and use in recipes according to directions.

More on next page →

Learn more about your health care.

Substitute and Save

An easy way to cut back on fat, calories and cholesterol is to replace high fat ingredients, such as sour cream and mayonnaise, with yogurt.

Use plain yogurt in place of half the sour cream when making:

- Dips for fruits and vegetables
- Sauces for meat, fish and poultry
- Mexican food such as tacos, enchiladas and tostadas
- Twice baked potatoes
- Dessert toppings and fillings
- Beef stroganoff

Use plain yogurt in place of half of the mayonnaise when preparing:

- Creamy salad dressings
- Sandwich fillings
- Fruit and vegetable salads

Calculated Choices

Use the following chart to calculate how many calories, grams of fat and milligrams of cholesterol can be reduced by substituting yogurt for a variety of other foods.

Ingredients, 1 cup	Calories	Fat (g)	Cholesterol (mg)
Plain nonfat yogurt	120	0	Less than 5
Plain low fat yogurt	145	3	13
Flavored low fat yogurt	200	3	13
Dairy Sour Cream	415	40	80
Low fat cottage cheese, small curd	180	4	30
Cream cheese	790	79	250
Whipping cream, heavy	830	90	335
Mayonnaise	1,600	176	816