

Yogurt

	<i>Serving</i>	<i>Calories</i>	<i>Sugar</i>	<i>Protein</i>	<i>Total Carbs</i>	<i>Sodium</i>
Yoplait Light	6 oz	90	10 g	5 g	16 g	80 mg
Chobani	6 oz	97.5	4.5 g	16.5 g	8 g	79 mg

Chobani Greek:

- Same calories, *half* the **sugar**, *half* the **carbs**, *3 times* the **protein**
- No artificial sweeteners (Splenda, aspartame)
- No artificial thickeners/stabilizers/fresheners/anti-caking agents
- No petroleum-based food dyes
- No preservatives

To make Greek yogurt, regular yogurt is strained extensively to remove liquid whey and lactose (milk sugar), leaving behind a thicker-textured yogurt.

Yoplait Light Ingredients – Fitday

- **Cornstarch:** A corn-derived starch that is used as a thickener in foods.
- **Modified cornstarch:** A modified starch has been physically, chemically, or enzymatically changed in order to enhance its performance in different applications. It can be used as a thickener, stabilizer, or emulsifier. (improve the creaminess)
- **Kosher gelatin:** Gelatin functions as a thickener, stabilizer, and/or texturizer. Kosher indicates that it follows specific Jewish regulations on which foods are clean and safe to eat.
- **Tricalcium phosphate:** This ingredient is used as an anti-caking agent and it also provides a source of added calcium.
- **Potassium sorbate:** “Added to maintain freshness” follows the listing of potassium sorbate on the Yoplait ingredient list. Potassium sorbate is the most widely used food preservative in the world. In yogurt it is used to inhibit molds, yeasts, and select bacteria.
- **Sucralose:** Commonly known as **Splenda**. An artificial sweetener that is 600 times sweeter than table sugar. The body is not able to break it down, which is why it is calorie-free.
- **Natural and artificial flavor:** Both are made in a lab by a worker called a “flavorist.” According to the Code of Federal Regulations, a *natural flavor* has to have the same flavor constituents derived from natural products like spices, herbs, fruits, vegetables, etc. An *artificial flavor* does not need

to have those flavor constituents and are generally simpler in composition. Actually, artificial flavors may be safer because only “safety-tested” components are used, which is not the case with natural flavorings.

- **Acesulfame potassium:** This ingredient is more commonly known as **aspartame**, the type of artificial sweetener in Equal or NutraSweet. It was the most popular type of artificial sweetener until Splenda came on the market. These artificial sweeteners are what qualify this yogurt as “light.” May contain methylene chloride, a known carcinogen.
- **Red #40:** A food dye that is manufactured mostly from petroleum. Yum.
- **Blue #1:** Another food dye that is also derived from petroleum. Double yum.

Add to Chobani

- Cinnamon, cocoa powder, vanilla extract
 - apple pie or pumpkin pie spices
 - Granola cereal, peanut butter, walnuts
 - Fresh, frozen, or dried fruit (berries, bananas, apples, pomegranates, apple sauce, orange juice)
 - Pumpkin seeds
 - Olives, olive oil, basil/Italian spices
- Veggie dip: Onion soup mix
Dipping sauce: garlic salt, chili powder, cayenne pepper