

Yogurt Brand Recommendations

As a general guideline for flavored yogurts, choose a variety that has **protein greater than or equal to its total carbohydrate content**. Any brand of *plain* Greek yogurt (0-2%) would also be appropriate to serve as a protein food! Here are some of our favorite brands:

Siggi's (0-2%)



Chobani Less Sugar



Chobani Complete



Dannon Oikos Triple Zero / Pro



Two Good



Icelandic Provisions Skyr (1.5%)



YQ by Yoplait



:Ratio: Protein



Faye Yogurt (0-2%)

