

MINUTE NUTRITION NEWS

November 2013

Yogurt Galore

Take a walk down the yogurt aisle and what do you see? *Fat-free. 1%. 2%. Greek. Lactose-free. Probiotics. Plain. Fruit-bottom.* The options are endless. Here's your guide to end the confusion once and for all.



Yogurt Basics

Yogurt is made by adding specific types of bacteria into milk. The bacteria ferments the natural milk sugar called lactose and turns it into lactic acid. This process creates the unique smell and texture that yogurt offers. All yogurts are made in this way, but food companies can add extra steps to the recipe to turn the yogurt into different varieties (see next page).

Choosing a Healthy Yogurt

1. Serving Size

Serving sizes on yogurt labels are usually 100-175g (1/3 to 3/4 cup). This means the nutrient content listed on the label can be found in that specific amount of yogurt. When comparing yogurts, be sure you are comparing the nutrients for the same serving size.

2. Protein

Look for more protein if you're searching for a fulfilling snack. Greek yogurts will generally have more protein than the regular types, containing at least 8-9g per 100g serving versus 3-4g in the regular types. In 175g serving sizes, Greek yogurts offer up to 17-18g per 175g serving versus the usual 7-9g in regular types.

Nutrition Facts	
Per 3/4 cup (175g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2%	Vitamin C 0 %
Calcium 20%	Iron 0 %

3. Saturated Fats

Yogurts can contain anywhere from 0 to 11g of saturated fats per serving. Choose one with a lower amount of saturated fats or look for *0%, 1% or 2% m.f.* (milk fat) at the front of the yogurt package.

4. Sugars

Labels do not say how much of the sugars are natural versus added. Your safest bet is to choose the plain flavour usually with about 4-8 grams of sugar per serving. Flavoured options can go as high as 18 grams per serving – that's 4.5 teaspoons of total sugar!

5. Calcium

Yogurts typically contain 10-25% DV of calcium per 100g serving, or up to 50% DV in some products per 175g servings. Compare labels and choose the higher source of calcium.

RECIPE OF THE MONTH

November 2013

The Yogurt Buffet

Here's a description of different types of yogurts you may find in the grocery store. The recipe below uses a fat-free Greek yogurt for its smooth and creamy texture – perfect for a cheesecake flavoured dip.

Fat-free; 1%; 2%	Just like shopping for milk, yogurt can come with different levels of fat. Choose 0% to 2% m.f. (milk fat) to keep saturated fat intake low. Some yogurts can contain up to 10% m.f. so make sure to read the label closely!
Greek Yogurt	Traditionally, Greek yogurt is made by straining the liquid out of ordinary yogurt to make it thicker and more concentrated. This often means a higher protein content but be careful, some modern processing methods may lower protein and calcium content so be sure to read labels and pick the one with the best nutritional value.
Probiotic Yogurt	These yogurts have extra live bacteria added into the recipe to help with your digestive health, but not all bacteria are the same. Different strains of bacteria have different benefits. You can check the websites of the yogurt companies to learn more about research that has been done on the specific bacteria they add into their products.



Cheesecake Yogurt Dip

Makes 1.5c

Preparation time: 10 minutes

Ingredients:

4 oz cream cheese, reduced fat, softened
 1 cup fat free Greek yogurt
 1 tsp vanilla
 1.5 tbsp honey

Directions:

1. Combine ingredients and serve with fruit!

Nutrition Facts (values are approximate)			
Per 1 tbsp			
Amount	% Daily Value		
Calories 20			
Fat 1 g	0 %		
Saturated 0.5 g + Trans 0 g			
0 %			
Cholesterol 4 mg			
Sodium 37 mg			
0 %			
Carbohydrate 2 g			
Fibre 0 g			
0 %			
Sugar 1 g			
Protein 1 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	3 %	Iron	0 %

**Recipe analyzed with www.eatracker.ca

Recipe adapted from <http://www.skinnytaste.com/2013/05/red-white-and-blue-fruit-skewers-with.html>

Got questions?

Meet the clinic's Registered Dietitian on November 12th, 2013
 from 10 am to 12 pm during the recipe demonstration!