

Choosing a Healthy Yogurt



Choose a plain yogurt without **added sugar**

Flavoured yogurt has **added sugar**

Be aware that **honey** and **agave** are forms of **added sugar**

2%

Choose a yogurt that has **2% milk fat** (2% M.F.) **or less**



If you like thicker yogurt, a **lower fat** Greek yogurt is a great choice

Check the ingredient list

Ingredients:

Skim Milk, Skim Milk Powder, Cream, Active Baterial Cultures



A good yogurt will have only a few ingredients like milk and bacterial culture

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.