



Ask the Nutritionist

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MIIA's Integrative Nutrition Coordinator



Dear Sandy,

I regularly eat a yogurt a day. Not able to tolerate the tanginess of Greek yogurt, I generally choose a nonfat, fruit on the bottom or flavored style (no candy or mix-ins!) to eat. Having been doing this for years, I thought that I was making a healthy choice, both for calorie count and digestion. Recently, I was made aware that this may not be as healthy as I would think due to sugar content and that perhaps some, or full fat might be even better. Help, as I'm confused!

Thank you for your question.

The yogurt industry has exploded in recent years and it is very confusing! When looking at a yogurt label, look at the protein content and the sugar content. You want the protein content to be higher than the sugar content.

If you don't like Greek yogurt, have you tried some of the Icelandic yogurts such as Siggy's? All the stores carry it and it's a very good product. We have moved away from nonfat or low fat to full fat recommendations for yogurt as it's more satisfying and will appease your appetite. Also, recent research has found that the saturated fat content in dairy is less concerning in terms of heart disease risk than previously thought.

In conclusion, look for a yogurt that you think you might like that has a protein content higher than the sugar content and is made from whole milk. Adding fresh fruit to plain yogurt is the healthiest choice.