

GREEK YOGURT VS. YOGURT

WHEN CHOOSING A YOGURT THAT IS PRIMARILY A CARBOHYDRATE LOOK FOR ≤150 calories per serving and maximum 25 grams of carbohydrate per 7 grams of protein

Greek yogurt is typically considered a **protein choice**, while yogurt (such as Cascade Fresh) is considered a **carbohydrate choice**. Greek yogurt or "high protein yogurt" is when the protein grams are equal to or greater than twice the carbohydrate grams. Flavored Greek yogurts, where the protein and carbohydrate are almost equal, are hybrid food choices. Most Greek yogurts are not high protein yogurts, therefore, read the label. Comparisons:



PLAIN HIGH-PROTEIN YOGURT BRANDS

- Fage Total 0% (Bistro, TJ, WF)
- OIKOS 0% Organic Greek Yogurt (WF, PCC)
- Trader Joe's Greek Style 0% Plain Yogurt
- Siggis Non-fat Icelandic Plain (WF)
- Voskos 0% Plain Yogurt (WF)
- 0% Chobani nonfat and low-fat plain yogurt (Bistro, WF)

Nutrition Facts

Serving Size: 1 (1 Container, 150 grams)			
Amount Per Serving			
Calories 80	Calories from Fat 0		
	% Daily Value		
Total Fat 0 g			0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol 0 mg			0%
Sodium 110 mg			5%
Total Carbohydrate 6 g			2%
Dietary Fiber	0 g		0%
Sugar	6 g		
Protein 15 g			30%
Calcium			
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
*Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4



REGULAR YOGURT BRANDS

These yogurts meet the criterion of 25 grams CHO maximum per 7 gram of protein. You must always pair with a protein to make a complete snack.

- Cascade Fresh (Bistro, QFC, WF, PCC)
- Nancy's Plain Nonfat (WF, PCC, TFs)
- Rachel's Low Fat (WF)
- Yami (WF, PCC)
- Wallaby (WF, PCC)
- Stonyfield Farm (WF, PCC)

All plain nonfat and low-fat yogurts meet the guidelines since they don't have sugar added.

Nutrition Facts

Serving Size: 1 (0.75 cup, 170 grams)			
Amount Per Serving			
Calories 110	Calories from Fat 0		
	% Daily Value		
Total Fat 0 g			0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol 0 mg			0%
Sodium 90 mg			4%
Total Carbohydrate 20 g			7%
Dietary Fiber	0 g		0%
Sugar	16 g		
Protein 7 g			14%
Calcium			
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
*Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4



FRUIT OR VANILLA FLAVORED HIGH-PROTEIN YOGURT

Also called hybrids. High protein yogurt with added sweetener. The protein and carbohydrate are close to a 1:1 ratio. These are well balanced carbohydrate and protein snacks.

- TJ Blueberry Greek Yogurt
- TJ Honey Greek Yogurt
- TJ Pomegranate Greek Yogurt
- Voskos 0% flavored Greek Yogurt (WF)
- Oikos 0% Flavored Greek Yogurt (PCC, WF)
- 0% Chobani (Bistro, WF)
- Siggis Icelandic Nonfat flavored (WF)
- Chobani w/Fruit
- Fage w/Fruit

Nutrition Facts

Serving Size: 1 cup			
Amount Per Serving			
Calories 120	Calories from Fat 0		
	% Daily Value		
Total Fat 0 g			0%
Saturated Fat	0 g		0%
Monounsaturated Fat	0 g		
Polyunsaturated Fat	0 g		
Trans Fat	0 g		
Cholesterol 5 mg			2%
Sodium 55 mg			2%
Potassium 170 mg			5%
Total Carbohydrate 16 g			5%
Dietary Fiber	0 g		0%
Sugar	13 g		
Protein 13 g			26%

Listed below you will find our week by week grocery lists to help guide you in making your meal plans for the week. While going through each weekly list, be sure to check to see what you already have on hand, as well as prepare your menu of meals and snacks throughout the week. Happy Shopping!

1 Box High Protein Powder Shakes

1 Box of Protein Bars and/or Two 4 packs of RTDs

2 cups Fresh Fruit

Choice of fat servings:

Olive oil or canola oil

Cooking spray

Natural peanut butter

Low fat mayo or salad dressing

Raw nuts

6+ servings of non-starchy vegetables per day.

Low fat cheese (<6 g of fat per ounce)

Non fat or low fat cottage cheese

Plain non-fat Greek Yogurt

Low fat (1%) or fat free milk

Fat free all natural yogurt (no artificial sweeteners)

Fat free flavored Greek Yogurt. Please see our Stage 5 nutrition guides on yogurt.

Choices of lean or very lean protein:

Chicken or Turkey Breast

Fish

Lean Beef or Pork

Tuna canned in water

Frozen Shrimp or Scallops

Soy Products (Tofu, Morningstar or Boca patties and burgers)

Pre-Cooked Meat (Low-Sodium Deli Meats, Roasted Chicken with skin removed)