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EATING WELL WHY IS GREEK YOGURT SO GOOD?

Greek Yogurt has become very popular over the last few years. Sales have surged and you can now find a number of different brands in most retail grocery stores pretty much anywhere you go.

Yogurt is full of healthy live active bacteria cultures, which boost your immune system and improve your digestive health, as well as provide your body with the calcium, vitamin B12, potassium and zinc that it needs.

Always read labels.

Check the sugar content, choose low-fat varieties and keep in mind that the denser Greek yogurt also contains more calories than its non-fat plain regular yogurt counterpart. If yogurt is your main source of calcium, you should note that while Greek yogurt still packs a lot of calcium in a serving, it does tend to have less calcium than regular yogurt due to the straining process.

The Canada Health Food Guide recommends the average adult consumes two servings of milk or milk alternatives (fortified soy beverage, cheese, kefir and yogurt) every day. One serving of yogurt is about $\frac{3}{4}$ cup (175 mL).

Greek yogurt can be quite tart and some people find this taste off-putting. Look for naturally sweetened varieties and avoid those with fruit already added (as they tend to contain a lot more sugar). You can always add your own fresh fruit or sweeten plain Greek yogurt with honey.

Greek yogurt makes a good substitute for sour cream and can be used for cooking too, as it holds up well to heat.



RECIPE



In your blender, mix one cup of low-fat Greek yogurt with a cup of your favourite frozen fruit, add half a banana and half a cup of low fat milk (or even your favourite juice) and blend until smooth.

Smoothies are quick & easy. Change up the ingredients to find the one you love the most!

Greek Yogurt, in particular, is also a great source of low-fat protein. One serving of plain, non fat Greek yogurt has about 18 to 21 grams of protein.

Greek Yogurt is thicker than other types because it is processed differently. The excess liquid (the whey) is strained out resulting in a higher concentration of the protein-packed good stuff. Strained yogurt has fewer carbohydrates, less sodium and less sugar (lactose) than regular yogurt.

But not all yogurts – Greek or otherwise – are created equal.



FOR MORE
INFORMATION

Health Canada Food Guide
Liberté Natural Foods

**Always consult your doctor to find out what's right for you.*