

Go, Gurt!

Best Bites (✓✓) have no more than 2 grams of saturated fat (2.5 grams for larger, 7 oz. tubs), at least 6 grams of protein and 10 percent of a day's calcium, no added sugar, and no sucralose, aspartame, or acesulfame potassium. **Honorable Mentions** (✓) have the same criteria, except for added sugar: They can have up to 2 teaspoons. Yogurts are ranked from least to most saturated fat and added sugar, then most to least protein and calcium, then least to most calories.

Dairy, plain (5.3 oz., unless noted)	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)	Calcium (% DV)
✓✓ Fage Total 0% Greek (6 oz.)	90	0	0	18	15
✓✓ Chobani Non-Fat Greek (6 oz.)	90	0	0	16	15
✓✓ Siggi's 0% Skyr	90	0	0	16	10
✓✓ Oikos 0% Greek	80	0	0	15	15
✓✓ Stonyfield Organic 0%	70	0	0	7	20
✓✓ Oikos 2% Pro (6 oz.)	160	0.5	0	25	20
✓✓ Icelandic Provisions 1.5% Skyr	120	1.5	0	17	15
Two Good Greek	80	1.5	0	12	6
✓✓ Siggi's 2% Skyr (6 oz.)	120	2	0	17	15
✓✓ Chobani Low-Fat Greek (6 oz.)	130	2	0	17	15
✓✓ YQ by Yoplait	100	2	0	17	10
✓✓ Fage BestSelf Greek	110	2	0	15	15
✓✓ Fage Total 2% Greek (7 oz.)	140	2.5	0	20	20
Fage Total 5% Greek (7 oz.)	190	7	0	18	20

Dairy, flavored (5.3 oz., unless noted)	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)	Calcium (% DV)
✓✓ Oikos 2% Pro ¹	140	0	0	20	15
✓✓ Light + Fit Collagen & Antioxidants ¹	90	0	0	15	10
✓✓ Oikos Triple Zero Greek ¹	100	0	0	15	10
Light + Fit Greek ¹	80	0	0.5 ⁵	12	10
✓ Siggi's 0% Skyr ¹	110	0	1.5	15	10
✓ Chobani Blended 0% Greek Vanilla	110	0	2	12	10
✓ Chobani Fruit on the Bottom 0% Greek ¹	110	0	2	11	10
Activia Probiotic Greek ¹	130	0	3	12	10
Two Good Greek ¹	80	1	0	12	6
✓ Chobani Probiotic ¹	110	1	1	10	10
✓ Icelandic Provisions 1.5% Skyr—except Coconut ¹	130	1	1.5	15	15
✓ Stonyfield Organic Lowfat ¹	110	1	2	6	15
Activia (4 oz.) ¹	90	1	2	4	10
✓✓ Ratio Protein ¹	170	1.5	0	25	35
✓✓ Chobani Complete ¹	120	1.5	0	15	10
✓ Fage BestSelf Greek ¹	110	1.5	0.5	12	10
✓ Siggi's 2% Skyr—except Coconut ¹	120	1.5	1	14	15
✓ Chobani Less Sugar 2% Greek ¹	120	1.5	1	12	10
✓ YQ Protein Coconut	120	1.5	1.5	15	10
✓ Fage Total 2% Greek fruit split cup ¹	120	1.5	1.5	12	10
✓ YQ Protein Mango	130	1.5	2	15	10
✓ Chobani Fruit on the Bottom 2% Greek ¹	130	1.5	2	11	10
✓ Chobani Greek Yogurt with Oatmeal Apple Spice	140	1.5	2	10	10
YQ Protein—except Coconut or Mango ¹	130	1.5	2.5	15	10
GoodBelly Probiotics ¹	130	1.5	2.5	11	8
Chobani Greek Yogurt with Oatmeal—except Apple Spice ¹	150	1.5	2.5	10	10
Fage Total 2% Greek honey split cup	180	1.5	6	12	10
✓ Nounós 2% Greek—Mixed Berry, Strawberry Vanilla, or Vanilla Bean ¹	130	2	1.5	14	10
Chobani Blended 2% Greek ¹	140	2	2.5	11	10
Chobani Blended Whole Milk Greek ¹	150	2.5	2.5	11	10
Oikos Blended Greek ¹	150	2.5	3	11	10
Siggi's 4% Cream-Skyr (4.4 oz.) ¹	130	3	1	12	10
Icelandic Provisions 1.5% Skyr Coconut	150	3	1.5	15	15
Siggi's 2% Skyr Coconut	130	3	1.5	14	10
Chobani Flip Greek ¹	190	3	3.5	10	10
Fage Total 5% Greek fruit split cup ¹	150	4.5	1.5	11	10
Noosa Greek ¹	170	4.5	2	12	15
Icelandic Provisions Krimi Skyr (4.4 oz.) ¹	160	5	1.5	11	10
Ratio Keto Friendly ¹	200	6	0 ⁵	15	10
The Greek Gods Less Sugar Greek Style (4.5 oz.) ¹	140	6	0.5	6	15
Siggi's Triple Cream (4 oz.) ¹	170	6	1	9	10
Noosa Mates (5.8 oz.) ¹	290	7	4.5	9	20
Noosa (8 oz.) ¹	280	8	4.5	11	30

Plant-based, plain or unsweet (5.3 oz., unless noted)	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)	Calcium (% DV)
Kite Hill Almond Milk Plain Unsweetened	120	0.5	0	4	4
✓ Silk Soy Plain (6 oz.)	110	0.5	1	7	20
Kite Hill Almond Milk Plain	140	0.5	1	4	4
Almond Breeze Original	140	0.5	2.5	3	10
✓✓ Kite Hill Almond Milk Greek Style Unsweetened ¹	160	1	0	11	10
✓✓ Silk Almondmilk Unsweet Vanilla (6 oz.)	180	1	0	6	10
Silk Almondmilk Plain	170	1	1	5	10
Oatly Oatgurt Plain	160	1	1.5	3	15
So Delicious Coconutmilk Plain	110	4	2	1	20

Plant-based, flavored (5.3 oz.)	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)	Calcium (% DV)
Activia Dairy Free Almondmilk ¹	120	0	2	5	4
Silk Soy ¹	130	0	3	6	15
Almond Breeze ¹	140	0	3.5	2	10
Oatly Oatgurt ¹	170	0.5	2.5	3	10
Kite Hill Almond Milk ¹	150	0.5	3	3	4
Stonyfield Organic Dairy Free Soy ¹	140	0.5	5	6	8
Almond Breeze, with mix-ins ¹	190	1	3	4	10
Chobani Oat ¹	130	1	3.5	6	0
Silk Almondmilk ¹	180	1	3.5	5	10
Chobani Oat, with mix-ins ¹	190	2	3.5	7	0
Silk Oat Yeah Oatmilkgurt ¹	120	2.5	2	3	10
Silk Almondmilk, with mix-ins ¹	260	3	4	6	10
So Delicious Coconutmilk ¹	130	3.5	3.5	1	15
Forager Project Organic Greek Style ¹	170	4.5	2	6	2
Kite Hill Blissful Coconut Milk ¹	140	6	3.5	1	25
Siggi's Plant-Based Coconut Blend ¹	180	7	1.5	10	0
Chobani Coconut ¹	160	8	2	1	0

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the entire line or the varieties listed. ⁵ Contains acesulfame potassium and/or sucralose.

Daily Values (DVs): Saturated Fat: 20 grams. **Protein:** 50 grams.

Calcium: 1,300 milligrams. **Added Sugar:** 50 grams (12 tsp.).

Note: To convert teaspoons of added sugar to grams, multiply by 4.2.

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