



Healthy Living at Hannaford

The Benefits of Greek Yogurt

Greek yogurt has stormed the 21st century--and with good reason! It's delicious and nutritious! On average, Greek yogurt has twice the protein of standard yogurt. Why? More liquid (whey) is strained out, which thickens the texture and increases protein count. A great choice for those seeking snacks that will satisfy!

Compare the numbers and see the difference!

| | 5.3 oz. Traditional Nonfat Vanilla | 5.3 oz. Dannon Greek Nonfat Vanilla |
|-------------|------------------------------------|-------------------------------------|
| Protein | 6 g | 12 g |
| Total Carbs | 22 g | 17 g |
| Sodium | 97 mg | 50 mg |
| Calories | 115 | 110 |



At 50-120 mg/serving, Greek yogurt is considered a low-sodium food. Aim for less than 2,300 mg sodium per day. If you are over 50, African American, or have a chronic disease, aim for less than 1,500 mg per day.

The lower carbohydrate content of Greek yogurt is desirable to those managing their carbohydrate intake. This snack is a good calorie value--lots of nutrients per calorie!

Move Over Sour Cream!

Greek yogurt is great in burritos, tacos, dips, or on potatoes! Or add it to your recipes for smoothies, baked goods or salad dressings.

More Benefits

Greek yogurt contains live active cultures, making it a probiotic-rich food. Individuals with gastrointestinal distress, those taking antibiotics, or anyone wanting to keep his or her immune system at its best may benefit from a regular dose of a probiotic-rich food, such as Greek yogurt.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.