

Lisa R. Young, PhD, RD

## Nutritionist's Picks...



### Best Yogurts

Shopping for yogurt is tricky. It seems like a healthful food, but if you're not careful, you can end up with a product that contains too much fat and added sugar. Chosen wisely, yogurt can be a good source of calcium, protein and "friendly" bacteria, known as probiotics, which help keep harmful bacteria at bay in your digestive tract.

*What to look for in a yogurt (single serving—typically six ounces)...*

- Calcium:** 20% of the daily value (DV), based on US Recommended Daily Allowances.
- Protein:** At least 5 g.
- Calories:** Less than 180.
- Fat:** No more than 4 g.
- Sugar:** Do not exceed 25 g. (Forgo any products that contain artificial sweeteners—they often cause a bitter aftertaste.)
- Probiotics:** Look for "live and active cultures" on the label.

*My top picks...*

#### FAGE

##### Total 0%, Plain

Serving size: 6 ounces...0 g total fat...7 g sugar...15 g protein...calcium: 20% of DV...90 calories.

#### STONYFIELD FARM

##### Oikos Organic Greek Yogurt, 0% Fat, Vanilla

Serving size: 5.3 ounces...0 g total fat...11 g sugar...15 g protein...calcium: 20% of DV...110 calories.

#### DANNON

##### All Natural Nonfat Yogurt, Plain

Serving size: 6 ounces...0 g total fat...12 g sugar...9 g protein...calcium: 30% of DV...80 calories.

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# Bottom Line health

WELLNESS STRATEGIES FROM THE WORLD'S LEADING MEDICAL EXPERTS