



GREEK YOGURT

VS



REGULAR YOGURT

PROCESSING

Goes through a straining process to remove most of the whey.

Contains whey, the thin liquid that forms on top of yogurt when it has settled.

INGREDIENTS

3 to 4 ounces of milk yields about 1 ounce of yogurt.

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TEXTURE

Thick and creamy

Thin and liquid-like


NUTRITIONAL FACTS



"Greek yogurt is so high in protein because the protein is left behind in the solid yogurt during the straining process, which also contributes to the creamy, rich flavor that so many people love."

Lena Beal, MS, RDN, LD, therapeutic dietician at Piedmont

SIX FUN YOGURT FACTS



Yogurt can be eaten by people who are lactose-intolerant because it contains an enzyme that breaks down lactose in the intestines.




Yogurt may be helpful for women who are susceptible to yeast infections because it creates an environment too acidic for yeast.




Greek yogurt is a healthy cooking substitute for cream cheese, sour cream and milk.



Yogurt is gluten-free and a great high-protein option for vegetarians.



Eating yogurt with probiotics helps increase the good bacteria in your intestines, which leaves less room for harmful bacteria to grow.



You can make your own version of Greek-styled yogurt by straining regular yogurt with cheesecloth. Refrigerate and allow the yogurt to drain for several hours.