



Greek Yogurt is yogurt that has been strained to remove the liquid (whey) so it is extra thick and higher in protein than non Greek yogurt.

Greek yogurt is a great post-surgery protein-rich food:

- Soft texture
- Well-tolerated dairy option because it is lower in lactose than milk
- Double the protein as regular yogurt (about 12-18 grams per 6-ounce serving)



"I can't find sugar-free yogurts."

Have you ever tried to find sugar-free yogurt in the stores? You may have come up empty handed. This is because all yogurts (and dairy products) contain natural milk sugars called lactose. However, some companies add sugars to their yogurt. Added sugars increase calories without adding nutrition. They can also cause dumping syndrome. The lowest amount of sugar you will find in yogurt is 7 grams of sugar in a 6 ounce serving. This is the lactose. Any amount above 7 grams means sugar has been added.

What to select:

- Fat-free (0%) or reduced-fat (2%)
- No more than 13 grams of sugar per 6-ounce serving

Common brands that make plain Greek yogurt:

- Fage, Chobani, Yoplait, Dannon, Oikos, store brands



Common brands that make flavored Greek yogurt with 13 grams sugar or less:

- Yoplait Greek 100, Dannon Oikos Triple Zero, Chobani Simply 100

"What about that sour taste?"

Not all Greek yogurts have a tangy flavor. Explore different brands to find ones that you enjoy or add-in your own flavors and toppings to plain Greek yogurt.

Try adding these to plain Greek yogurt:

- Sugar-free jelly
- Splenda or other no-calorie sweetener
- Fresh or frozen fruit
- 1 tsp extract (vanilla, almond, peppermint, orange, etc.)
- Cinnamon or other spices
- Unsweetened cocoa powder
- 1 tbsp PB-2 (powdered peanut butter)