



2008

Best Yogurt Choices

Highest Calcium

Stonyfield Farm YoCalcium (50% per 6oz)
Yoplait Thick & Creamy (30% per 6oz)
Stonyfield Farm Fat Free (25% per 6oz)
Stonyfield Farm Lowfat (25% per 6oz)

Lowest Sugar Content

Dannon Light & Fit Nonfat (7g per 6oz)
Blue Bunny Light, No Sugar Added (7g per 6oz)
Breyers Light! Boosts Immunity (7g per 6oz)
Weight Watchers (8g per 4oz)

Highest Vitamin D

Blue Bunny Light, No Sugar Added (30% per 6oz)
Blue Bunny Light (30% per 6oz)
Dannon Frusion drinkable yogurt (25% per 7oz)
Stonyfield Farm YoKids (25% per 4oz)
GNFF Drinkable Yogurt (25% Vit D3 per 7 oz)

Highest Protein

Stonyfield Farm Oikos Greek (13g per 5.3oz)
Voskos Greek Style (13g per 5.3oz)
Fage Strained Greek with Fruit (10g per 5.3oz)