

							Standardized to 175g		
Brand	Name	Flavour	% MF	Serving size	Sugar	Protein	Sugar	Added sugar (tsp)	Protein
<b>Greek</b>									
<b>Plain</b>									
Liberte	Greek	Plain	2%	175	6	16	6	n/a	16
Liberte	Greek	Plain	0%	175	6	17	6	n/a	17
Liberte	Greek	Plain	5%	175	6	15	6	n/a	15
Bles-Wold	Greek	Plain	10%	175	3	11	3	n/a	11
Olympic	Greek	Plain	11%	175	11	7	11	n/a	7
Oikos	Greek - Triple Zero	Plain	0%%	175	3	17	3	n/a	17
Presidents Choice	Greek	Plain	0%	175	4	18	4	n/a	18
Presidents Choice	Greek	Plain	2%	175	4	17	4	n/a	17
						<b>average</b>	<b>5</b>	<b>n/a</b>	<b>15</b>
<b>Flavoured</b>									
Oikos	High Protein Greek	Strawberry-Raspberry	0%	175	12	17	12	1.7	17
Oikos	Greek	Vanilla	2%	175	14	13	14	2.2	13
Oikos	Greek	Vanilla	0%	175	14	14	14	2.2	14
Oikos	Greek	Vanilla	2%	100	9	8	16	2.6	14
Bles-Wold	Greek	Vanilla	10%	175	17	9	17	2.9	9
Bles-Wold	Greek	Strawberry	10%	175	17	9	17	2.9	9
Oikos	Greek	Strawberry	2%	100	10	8	18	3.0	14
Liberte	Greek	Vanilla	2%	175	19	14	19	3.4	14
Liberte	Greek	Strawberry Lemon	5%	100	12	7	21	3.9	12
Liberte	Greek	Vanilla	5%	175	21	12	21	3.9	12
IOGO	Greek	Vanilla	0%	175	23	15	23	4.4	15
Olympic	Greek	Strawberry	9%	175	24	7	24	4.7	7
Olympic	Greek	Vanilla	10%	175	25	6	25	4.9	6
						<b>average</b>	<b>18</b>	<b>3.3</b>	<b>12</b>
<b>Regular</b>									
<b>Plain</b>									
PC		Plain	3%	175	5	6	5	n/a	6
Bles-Wold		Plain	2%	175	8	8	8	n/a	8
Olympic		Plain	3.50%	175	5	7	5	n/a	7
DANONE ACTIVIA	Yogurt with Probiotics	Plain	3.20%	175	9	9	9	n/a	9
						<b>average</b>	<b>7</b>	<b>n/a</b>	<b>8</b>

Brand	Name	Flavour	% MF	Serving size	Sugar	Protein	Standardized to 175g		
							Sugar	Added sugar (tsp)	Protein
<b>Flavoured - Reduced Sugar</b>									
IOGO	Nanö Yogurt with Whole	Strawberry	3%	60	2	2	6	0.2	6
Danone	100% Natural No Sugar	Vanilla	2.60%	175	7	9	7	0.5	9
Danone	Light 'N' Free	Grilled Pineapple	1.50%	95	4	8	7	0.6	15
Danone	Light 'N' Free	Vanilla bean & Apple	1.50%	95	4	8	7	0.6	15
Danone	100% Natural No Sugar	Strawberry	2.60%	175	8	8	8	0.8	8
						<b>average</b>	<b>7</b>	<b>0.5</b>	<b>10</b>
<b>Flavoured - Regular</b>									
Yoplait	Yogurt tubes	Grape & Raspberry	2%	60	5	2	15	2.4	6
Danone Activia	Yogurt with Probiotics	Vanilla		100	9	4	16	2.7	7
Danone Activia	Yogurt with Probiotics	Vanilla		175	16	7	16	2.8	7
Danone Activia	Yogurt with Probiotics	Strawberry/Blueberry/Raspberry/Peach		100	10	4	18	3.1	7
Danone	Creamy	Strawberry/Vanilla/Fieldberry/Raspberry		100	10	3	18	3.1	5
Bles-Wold		Blueberry	2%	175	18	7	18	3.3	7
Bles-Wold		Vanilla	2%	175	22	7	22	4.3	7
IOGO	Creamy	Raspberry Blueberry Vanilla	1.50%	100	13	3	23	4.4	5
						<b>average</b>	<b>18</b>	<b>3.3</b>	<b>6.4</b>
<b>Light/Diet (Sweetened with sugar substitutes)</b>									
Yoplait	Source	Vanilla	0%	100	4	4	7	0.5	7
PC		Vanilla	0%	175	10	18	10	1.3	18
Yoplait	Source	Assorted	0%	90	6	3	12	1.7	6
PC		Strawberry	0%	100	7	10	12	1.8	18
						<b>average</b>	<b>10</b>	<b>1.3</b>	<b>12</b>
<b>Balkan</b>									
<b>Plain</b>									
Astro	Balkan Style Yogurt	plain	6%	125	3	4	4 n/a		6
Astro	Balkan Style Yogurt	plain	3%	125	4	5	6 n/a		7
Astro	Balkan Style Yogurt	plain	2%	125	4	6	6 n/a		8
Astro	Balkan Style Yogurt	plain	0%	125	5	6	7 n/a		8
Olympic	Balkan Style Yogurt	plain	11%	175	7	8	7 n/a		8
						<b>average</b>	<b>6 n/a</b>		<b>7</b>
<b>Flavoured</b>									
Astro	Balkan Style Yogurt	French vanilla	1%	125	13	5	18	3.1	7

Brand	Name	Flavour	% MF	Serving size	Sugar	Protein	Standardized to 175g		
							Sugar	Added sugar (tsp)	Protein
Astro	Balkan Style Yogurt	Strawberry	6%	125	19	4	27	5.2	6
Olympic	Balkan Style Yogurt	vanilla	10%	175	21	8	21	3.8	8
						<b>average</b>	<b>22</b>	<b>4</b>	<b>7</b>
<b>Skyr</b>									
<b>Plain</b>									
PC	skyr	plain	0%	175	2	21	2	n/a	21
Siggi's	skyr	plain	0%	175	4	19	4	n/a	19
Liberte	skyr	plain	2%	175	5	19	5	n/a	19
						<b>average</b>	<b>4</b>	<b>n/a</b>	<b>20</b>
<b>Flavoured</b>									
Liberte	skyr - 45% less sugar	vanilla	2%	175	10	17	10	1.6	17
PC	skyr	vanilla	0%	175	10	18	10	1.6	18
Siggi's	skyr	vanilla	0%	175	11	18	11	1.8	18
Siggi's	skyr	strawberry	2%	175	11	17	11	1.8	17
Shepherd Gourmet	skyr	vanilla	0%%	175	11	20	11	1.8	20
YoPro	skyr	cherry	0%	175	12	17	12	2.1	17
						<b>average</b>	<b>11</b>	<b>2</b>	<b>18</b>
<b>Drinkable</b>									
IOGO	Nano Drinkable Yogurt	Vanilla	1%	93	9	2	17	3.0	4
IOGO	Nano Drinkable Yogurt	Strawberry	1%	93	9	2	17	3.0	4
Danone	Danino Yogurt Drink fo	Strawberry	1.50%	93	9	3	17	3.0	6
Yoplait	YOP	Strawberry	2%	200	22	5	19	3.6	4
Yoplait	YOP	Oreo	2%	200	18	5	16	2.7	4
Danone	DanActive Yogurt probi	Strawberry/Blueberry	1.50%	93	10	3	19	3.5	6
Danone	DanActive with 40% les	Strawberry/Blueberry	1.50%	93	6	3	11	1.6	6
						<b>average</b>	<b>17</b>	<b>2.9</b>	<b>4.7</b>
<b>Kefir</b>									
<b>Plain</b>									
Liberte	kefir	plain	2%	200	6	7	5	n/a	6
PC	kefir	plain	1%	250	11	9	8	n/a	6
						<b>average</b>	<b>6</b>	<b>n/a</b>	<b>6</b>
<b>Flavoured</b>									
Organic Meadow	Kefir	Blueberry	1%	250	22	7	15	2.6	5

							<b>Standardized to 175g</b>		
<b>Brand</b>	<b>Name</b>	<b>Flavour</b>	<b>% MF</b>	<b>Serving size</b>	<b>Sugar</b>	<b>Protein</b>	<b>Sugar</b>	<b>Added sugar (tsp)</b>	<b>Protein</b>
Liberte	Kefir	Mango	1%	200	18	6	16	2.7	5
PC Organics	Kefir	Strawberry	1%	250	25	10	18	3.1	7
Liberte	Kefir	Strawberry	1%	200	21	6	18	3.3	5
PC	Kefir	Vanilla	1%	250	29	9	20	3.8	6
						<b>average</b>	<b>17</b>	<b>3.1</b>	<b>5.9</b>