

Go Greek

Greek yogurt is an indulgence you can feel good about. It's thick and creamy (even the fat-free varieties!) thanks to a straining process that removes the liquid whey from the yogurt. This makes Greek yogurt lower in lactose (carbs) and higher in protein than regular yogurt. Protein is a key nutrient to help you feel full and satisfied. It takes about three times as much milk to make Greek yogurt, so it typically costs more than regular yogurt. Get details on Greek yogurt brands (right) at: chobani.com, fageusa.com, 3greekgods.com, and stonyfield.com.



TASTY TREAT:
Top plain fat-free Greek yogurt with sugar-free fruit spread or fresh berries.



See our top 25 consumer-tasted and dietitian-approved snacks: DiabeticLivingOnline.com/best-snacks

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