

## THINKIN' VANILLA?

After a morning spent making countless tough decisions, we want a healthy snack that's nice and simple. Our choice? Vanilla yogurt, a creamy classic that always hits the spot. But when we discovered our pick was packed with four different fillers and additives, our dream of having at least *one* no-brainer decision unraveled. Then we found Whole Soy & Co. Vanilla Yogurt (\$1 for 6 oz., at Whole Foods Market and other health-food stores). Thanks to the soy, we get bonus health benefits like lower cholesterol and fewer menopausal problems. And with only one (organic) filler, it's pure-and-simple delicious!

Soy

SKIP IT!



Turtle Mountain So Delicious Dairy Free Yogurt

PICK IT!



Whole Soy & Co. Vanilla Yogurt

## CRAVIN' CHOCOLATE?

Ah, chocolate...a perfect way to end a high-stress day. We love getting the sweet flavor in the form of low-fat yogurt studded with delicious morsels of chocolate. But our go-to brand contained *five* different types of fillers. Could we have a little more yogurt with those additives, please? So we put our trust in a newcomer from Down Under: Wallaby Organic Down Under Dark Chocolate (\$2 for 6 oz., at Whole Foods Market and other health-food stores). With far less filler, far more active probiotics and an abundance of chocolate, we can feel the stress melt away with every spoonful.

Low-Fat

SKIP IT!



Breyers Lowfat Mint Chocolate Chip Yogurt

PICK IT!



Wallaby Organic Down Under Dark Chocolate

## FIXIN' FOR FRUIT?

We love fruit-at-the-bottom yogurts but are wary of the unhealthy ratio of sugar to good stuff in so many brands. We hoped Voskos Wild Blueberry Greek Yogurt would be a better bet—it has less sugar than the mainstream guys, and we're already fans of Voskos honey yogurt. Unfortunately, this pick had a chalky taste, thanks to a big dose of cornstarch. Unwilling to leave our fruity faves behind, we gave Chobani Blueberry Greek Yogurt (\$1 for 6 oz., at Whole Foods Market and Costco stores) a shot. With few fillers, it has the perfect mix of creamy yogurt and sweet bursts of blueberries. Yum!

Greek

SKIP IT!



Voskos Wild Blueberry Greek Yogurt

PICK IT!



Chobani Blueberry Greek Yogurt