



## LIQUID START: *Pineapple Lassi*

A frothy South Indian yogurt-based beverage, lassi often contains seasonal fruit and spices. This recipe yields a drink that's a bit thinner than the average smoothie.

**2 cups vanilla low-fat yogurt**  
**1 cup canned crushed pineapple in juice, undrained**  
**¼ cup light coconut milk**  
**⅛ to ¼ teaspoon bottled ground fresh ginger (such as Spice World)**  
**6 ice cubes**

**1.** Combine all ingredients in a blender; process until well blended. Serve immediately. Yield: 3 servings (serving size: about 1½ cups).

**CALORIES** 177; **FAT** 31g (sat 2.3g, mono 0.6g, poly 0.1g); **PROTEIN** 8.7g; **CARB** 30.1g; **FIBER** 0.7g; **CHOL** 8mg; **IRON** 0.5mg; **SODIUM** 114mg; **CALC** 293mg

## THE BEST-FOR-YOU, BEST-TASTING YOGURTS

Nonfat and low-fat yogurts are great sources of protein and calcium. But they can also be sugar-delivery systems. Yogurt is concentrated milk, and milk contains about 12 grams of natural sugar (lactose) per serving. More than 25 grams of sugar per serving in a yogurt may mean added sugars, often in the form of jelly-like fruit on the bottom. You're better off customizing your cup with fresh or dried fruit, or choosing flavored varieties that aren't aimed at your sweet tooth.

### BEST PLAIN: **Chobani Non-Fat Plain**

(6 ounces: 100 calories, 18 grams protein, 200 mg calcium)



Besides being loaded with 18 grams of satiating protein, this boasts the creamy thickness of Greek-style yogurt, with the watery whey strained out. This nonfat version keeps both calorie and saturated fat counts well within reasonable ranges.

### BEST FLAVORED: **Stonyfield Farm Organic Lowfat Blueberry**

(6 ounces: 120 calories, 6 grams protein, 250 mg calcium, and 80 IU vitamin D)



Organic milk is the first ingredient; blueberries are the second. What's not to love? (Other flavors are similarly simple.) This has a modest amount of sugar, plus bone-strengthening vitamin D.

### BEST YOGURT DRINK: **Lifeway Organic Low-Fat Kefir**

(1 cup: 160 calories, 11 grams protein, 300 mg calcium, 100 IU vitamin D)



Technically, kefir (of Turkish origin, meaning "good feeling") is a cultured milk drink, not a yogurt. But it has similar flavor and a nutritional edge over other yogurt drinks: more protein and vitamin D, with less sugar.