

Greek

THE SCOOP: This cow's-milk variety is specially strained, resulting in its thick, creamy texture. (Icelandic-style yogurt is made with a similar straining method.)

THE PERKS: Greek yogurt has less sugar than traditional yogurt, and up to double the protein, making it more filling.

THE DRAWBACKS: It also has less calcium—about a third to a half less than in the regular cow's-milk type. Some brands add thickeners like gelatin, but authentically strained Greek yogurt doesn't need additives, says Kate Geagan, MS, RD, author of *Go Green, Get Lean*.

TOP PICKS: Fage, Oikos, Chobani