



Yoplait Fiber One Nonfat Peach Yogurt
 NuVal ▶ 100
 Calories ▶ 50
 Serving Size ▶ 1 package (4 oz)



Horizon Organic Fat-Free Plain Yogurt
 NuVal ▶ 99
 Calories ▶ 110
 Serving Size ▶ 1 cup



Breyers Light Fat Free Blueberries 'n Cream Yogurt
 NuVal ▶ 99
 Calories ▶ 80
 Serving Size ▶ 1 package (6 oz)

NuVal Basics

Created by David Katz, M.D., chair of Yale-Griffin Prevention Research Center in New Haven, Connecticut, and 12 leading nutrition experts, NuVal has been praised by the U.S. Secretary of Agriculture.

The factors that determine a NuVal score:

"GOOD" STUFF

Fiber
 Folate
 Vitamin A
 Vitamin C
 Vitamin D
 Vitamin E
 Vitamin B12
 Vitamin B6
 Potassium
 Calcium
 Zinc
 Omega-3 fatty acids
 Total bioflavonoids
 Total carotenoids
 Magnesium
 Iron

"BAD" STUFF

Saturated fat
 Trans fat
 Sodium
 Sugar
 Cholesterol

EXTRA STUFF

Protein quality
 Fat quality
 Glycemic load
 Energy density

SWEET TALK

Artificial sweeteners, like Splenda, Sweet 'N Low or Equal, are not factored into the NuVal score.

TOP 3 / GREEK YOGURT



Fage Total 0% All Natural Nonfat Greek Yogurt
 NuVal ▶ 94
 Calories ▶ 120
 Serving Size ▶ 1 package (7 oz)



Brown Cow 0% Fat All Natural Greek Yogurt
 NuVal ▶ 94
 Calories ▶ 80
 Serving Size ▶ 1 package (5.3 oz)



Chobani Plain Non-Fat Greek Yogurt
 NuVal ▶ 94
 Calories ▶ 100
 Serving Size ▶ 1 package (6 oz)

TOP 3 / ICE CREAM



Dreyer's (Edy's) Fat Free, No Sugar Added Vanilla Chocolate Swirl Ice Cream
 NuVal ▶ 99
 Calories ▶ 100
 Serving Size ▶ ½ cup



Wells Blue Bunny Fat Free, No Sugar Added Vanilla Ice Cream
 NuVal ▶ 99
 Calories ▶ 80
 Serving Size ▶ ½ cup



Breyers Smooth & Dreamy Added Ice Cream
 NuVal ▶ 45
 Calories ▶ 90
 Serving Size ▶ ½ cup